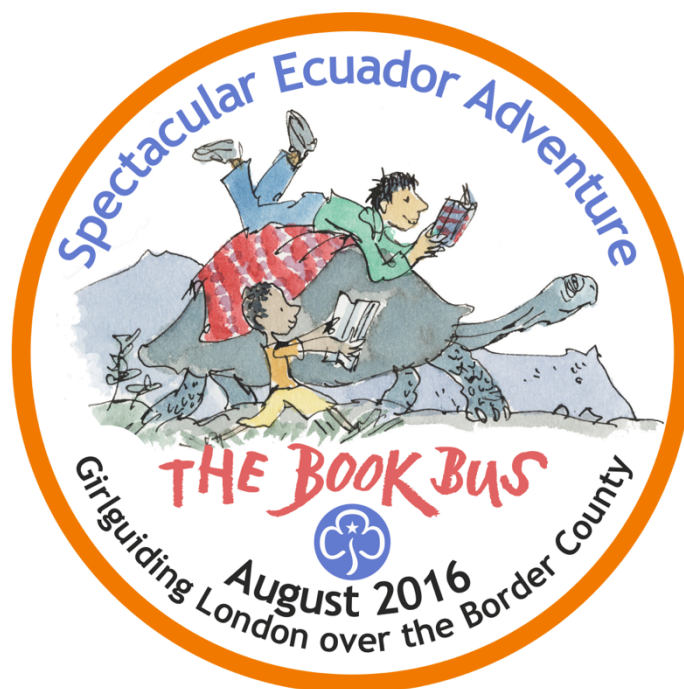


Girlguiding London Over the Border

Spectacular Ecuador Adventure 2016



Activity Pack

About Us

We are a group of 18 Girlguiding Senior Section members and 4 Leaders from across London Over the Border County (East London and West Essex area). As a team we are celebrating 100 years of The Senior Section by visiting Ecuador and The Galapagos Islands in August 2016. We will be staying with a family community deep in the Amazon rain forest, exploring the highlands, as well as working with *The Book Bus* on two service projects while visiting the Galapagos. We will experience new cultures and gain a deeper understanding of an economically developing country and the challenges that tourism brings to a delicately balanced environment.



The Badge

The badge was designed and created by Sir Quentin Blake who is a Trustee of *The Book Bus* charity we are partnering with in The Galapagos Islands.

This Activity Pack has been created to help members of all sections learn more about Ecuador and The Galapagos Islands in one meeting covering each of the following topics:

- Getting to know Ecuador and The Galapagos
- Environment and Wildlife
- Culture, Festivals and Food
- Fun and Games

To complete the badge, it is suggested that you choose the number of activities that suit your meeting length and the abilities of your members. But you should select a minimum of at least one activity from each topic and for older members pick at least two.



Some activities for the older sections require internet access and are indicated by this symbol 🍏 - Older members could use their phones or you could provide a tablet to borrow. There are also **Take It Further** Activities, indicated by this symbol ⌘, which give some sections the opportunity to learn more about the Country and you are also given the opportunity to raise funds for The Book Bus charity to support their work.

Activity resources are provided in the Appendix to support you with completing the badge as well as the template form to order your badges.

We would love to hear what you think about this resource and see/hear your progress. Have fun and thank you for your support of our fundraising.

Follow our journey by visiting our blog: SpectacularEcuador.blogspot.co.uk

You can share what you get up to and follow our journey on Twitter using
@girlguidingLOB #Ecuador2016



Programme on a Plate for Rainbows

Getting to know Ecuador and The Galapagos

- Using a map, atlas or globe, see if you can find Ecuador and The Galapagos
- Colour in the flag from Appendix 1 of this pack as per the colours in this image:



Environment and Wildlife

- Colour the Amazon Rainforest Collage in Appendix 2 and guess the noises the animals might make
- Typical Animals found in Ecuador are Giant Tortoise, Seal, Iguana, llama, Blue footed booby, Frigate bird- see Appendix 2 and colour in the images
- Make masks for typical animals in Ecuador - see Appendix 3
Act out your animal behaviour

Culture, Festivals and Food

- Learn some simple Achuar words and phrases which is a language spoken in the Rainforest, in small groups practice speaking to each other - see Appendix 4
- For its dimensions, Ecuador is a country that offers great variety of landscapes and weather. So it's no wonder it is home to so many native varieties of exotic fruits that are rarely found in other parts of the World.
See Appendix 15 and colour in the line drawing template of exotic fruits and guess what colours they might be. Try saying the names of the fruit. Answers of the subsequent page.

Fun and Games

- Ecuador trades several goods including cocoa. Play the Chocolate Game but this time try and buy some Ecuadorian chocolate to play the game - M&S have a dark 72% bar. For instructions and hints and tips see Appendix 5
- Fish, In Ecuador fishing in the Rainforest is a big source of food for families. Make your own paper fish and play a game where you place the flat fish on the floor and waft with newspaper. See who can get their fish to the other side of the room quickest
- US Dollars were introduced to Ecuador in the year 2000 as the official currency. Look at the picture of a Dollar in Appendix 6 then get the Rainbows to create their own Dollar. What interesting designs would they choose and why?



Programme on a Plate for Brownies

Getting to know Ecuador and The Galapagos

- Using a map, atlas or globe, see if you can find Ecuador and The Galapagos
- Play “Pin Ecuador on the map” (blind folded) (leader will need to take giant map and pin or use map on Appendix 13)
- Guiding in Ecuador - look at the Ecuador Little Wing Promise and Laws in Appendix 9. In small groups compare to the Brownie Promise & Law.
- Colour in the flag from Appendix 1 of this pack as per this image:
- Use some recycled materials to create a 3D map of Ecuador



Environment and Wildlife

- Some of the different types of animals you can find in Ecuador are tortoise, monkey, butterfly and frog - See templates in Appendix 3 to make some face masks. Act out their animal noises and behaviours.
- Typical Animals found in Ecuador are Giant Tortoise, Seal, Iguana, llama, Blue footed booby, and Frigate bird. Using templates in Appendix 2 and lots of coloured tissue paper, scrunch up into little balls and glue onto the template. Collect everyone’s artwork and then create a giant collage to put on the wall.
- Ecuador has many volcanoes, some are active and others not. Make your own from papier maché and other items then mixing baking powder and Vinegar to create an active volcano - See Appendix 7 for instructions
- 🍏 If internet is available in meeting place - Find out about climate change and how you could help the climate in your area. Take the online Quiz of how you could reduce your footprint on the planet footprint wwf.org.uk
- ⌘ **Taking it Further:** Learn about conservation and how you could help animals and how others have programmes to help animals from becoming extinct

Culture, Festivals and Food

- Learn some simple Spanish or Achua words and phrases - see Appendix 4 - in small groups try and have a conversation.
- Make some non-alcoholic Sangria to sample - see Appendix 10
- The National flower is a rose - make a rose following the directions in Appendix 8 in this pack
- For its dimensions, Ecuador is a country that offers great variety of landscapes and weather. So it’s no wonder it is home to so many native varieties of exotic fruits that are rarely found in other parts of the World. Look at the photograph in Appendix 14 at the top of the page and draw what you think each fruit will look like if you cut it in half. Answer at bottom of the Appendix 14 page



Fun and Games

- ➔ Ecuador trades several goods including cocoa. Play the Chocolate Game but this time try and buy some Ecuadorian chocolate to play the game - M&S have a dark 72% bar. For instructions and hints and tips see Appendix 5
- ➔ US Dollars were introduced to Ecuador in the year 2000 as the official currency. Look at the picture of a Dollar in Appendix 6 then get the Brownies to create their own Dollar. You could ask them to buy things from you with their fake dollars.
- ➔ In Ecuador fishing in the Rainforest is a big source of food for families. Make your own paper fish and play a game where you place the flat fish on the floor and waft with newspaper. See who can get their fish to the other side of the room quickest
- ➔ The Ecuadorian national football team represents Ecuador in international football competitions and is controlled by the Ecuadorian Football Federation. They play official home matches at Estadio Olímpico Atahualpa in Quito Split into teams and have an indoor football match.



Programme on a Plate for Guides

Getting to know Ecuador and The Galapagos

- Using a map, atlas or globe, see if you can find Ecuador and The Galapagos
- Ecuador has many volcanoes, some are active and others not. Make a 3D model of an area of Ecuador to include a volcano - be creative with your materials - you could make a papier maché version- See Appendix 7
Take some photographs of your creations and tag @girlguidinglob #Ecuador2016
- 🍏 Find out about the history of the National anthem and try to sing along to it in Spanish (can be found on YouTube)
- Guiding in Ecuador - Learn their Guiding Scout Promise and Laws in Appendix 9. Discuss in small groups how their promise and laws differ from ours?
- In Appendix 17 there's a scene from Otavalo Market. Describe what you see How does it differ from markets and shops back home? What items are for sale?

Environment and Wildlife

- The Galapagos islands is part of Ecuador and the famous scientist Charles Darwin did a lot of studying here. Learn about Charles Darwin and evolution and make your own family tree.
⌘ **Take it Further** - visit Downe house where Charles Darwin lived.
- The rainforests in Ecuador have little or no roads, people get around by Canoe. Make your own paper canoe, see if it floats, and learn more about why people use them in the Rainforest. Apart from transport, discuss in small groups how else can canoes be used? See Appendix 11
- Ecuador has a variety of animals such as tortoise, monkey, butterfly and frog. Using modelling clay create some animals from Appendix 2.
- The National Animals of Ecuador are Andean Condor, Galapagos Tortoise and the Frog. Create a poster to encourage tourists to visit Ecuador. Post the best on social media with hashtag #Ecuador2016
- 🍏 ⌘ **Taking it Further** - Find out about climate change and how you could help the climate in your area. Take the online Quiz of how you could reduce your footprint on the planet footprint [wwf.org.uk](http://www.wwf.org.uk)

Culture, Festivals and Food

- 🍏 Using Spotify search for some Ecuadorian music to play at your meeting
- Learn some simple Spanish words and phrases - See Appendix 4 - and in pairs try to have a conversation. Then say sentences and see if Guides in other patrols can guess what you are saying.

- For its dimensions, Ecuador is a country that offers great variety of landscapes and weather. So it's no wonder it is home to so many native varieties of exotic fruits that are rarely found in other parts of the World.
Look at the photograph in Appendix 14 and draw what you think each fruit will look like if you cut it in half. Answer underneath the photo in Appendix 14.
- The National flower is a rose - make a rose following the directions in Appendix 8 in this pack
- In Ecuador there is a festival in February/March called "Carnival" where The diablillos (little devils) throw water. You could hold your own water fight evening and find out more about Carnival.
- Cook some traditional Ecuadorian food. Try out some delicious easy recipes in Appendix 12 or you could even go out to an Ecuadorian restaurant ☹.
- Ecuador trades in large amounts of coffee beans. You could visit a local coffee shop to try out various Coffees ☹ or have a coffee and cake meeting.
- Role Play - See Appendix 18 - Imagine you are each of these women. Make up a two minute role play acting out the scene

Fun and Games

- Using the blank template in Appendix 13 see who can identify the most Countries in South America. Answer at the bottom of Appendix 13
- In Ecuador there are a number of items that are traded. Their main ones are Bananas, Cocoa and coffee. Play the Chocolate game but try and buy some Ecuadorian chocolate to play the chocolate game - M&S have a dark 72% bar. See Appendix 5 for rules and hints.
- Trumpo is a national competitive game played on the streets of Ecuador - Teams of boys and men spin a wooden top, toss it at a wood and metal disc and then record how far the disc is propelled down the street. Using empty water bottles and a bean bag play in teams indoor skittles.
🍏 See more at: www.pro-ecuador.com/ecuador-culture.html#sthash.PK6eyf55.dpuf
- The Ecuadorian national football team represents Ecuador in international football competitions and is controlled by the Ecuadorian Football Federation. They play official home matches at Estadio Olímpico Atahualpa in Quito
Get into teams and play indoor football.

Programme on a Plate for The Senior Section

Getting to know Ecuador and The Galapagos

- Using a map, atlas or globe, see if you can find Ecuador and The Galapagos
- 🍏 Find out about the volcanoes of Ecuador. What are the names and when did they last erupt?
- Ecuador has many volcanoes, some are active and others not. Make a 3D model of an area of Ecuador to include a volcano - be creative with your materials - you could make a papier maché version- See Appendix 7
Take some photographs of your creations and tag @girlguidinglob #Ecuador2016
- 🍏 Find out 5 interesting facts about the history of the Ecuador and present them to your group
- 🍏 Find out about the history of the National anthem and try to sing along to it in Spanish (can be found on YouTube)
- Guiding in Ecuador - Learn their Guiding Scout Promise and Laws in Appendix 9. Discuss in small groups how their promise and laws differ from ours?
- In Appendix 17 there's a scene from Otavalo Market. Describe what you see How does it differ from markets and shops back home? What items are for sale?

Environment and Wildlife

- The Galapagos islands is part of Ecuador and the famous scientist Charles Darwin did a lot of studying here. Learn about Charles Darwin and evolution and make your own family tree.
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Culture, Festivals and Food

- 🍏 Using Spotify search for some Ecuadorian music to play at your meeting
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- Cook some traditional Ecuadorian food. Try out some delicious easy recipes in Appendix 12 or you could even go out to an Ecuadorian restaurant ☹.
- Ecuador trades in large amounts of coffee beans. You could visit a local coffee shop to try out various Coffees ☹ or have a coffee and cake meeting.
- Role Play - See Appendix 18 - Imagine you are each of these women. Make up a two minute role play acting out the scene
- Look at the fruit in Appendix 16. Draw a line from the fruit in the photo to the name of the fruit. What do you think they taste like?
- In Appendix 17 there's a scene from Otavalo Market. Describe what you see How does it differ from markets and shops back home? What items are for sale? Discuss in small groups and then feedback in a larger group

Fun and Games

- Using the blank template in Appendix 13 see who can identify the most Countries in South America. Answer at the bottom of Appendix 13
- In Ecuador there are a number of items that are traded. Their main ones are Bananas, Cocoa and coffee. Play the Chocolate game but try and buy some Ecuadorian chocolate to play the chocolate game - M&S have a dark 72% bar. See Appendix 5 for rules and hints.
- Trumpo is a national competitive game played on the streets of Ecuador - Teams of boys and men spin a wooden top, toss it at a wood and metal disc and then record how far the disc is propelled down the street. Using empty water bottles and a bean bag play in teams indoor skittles.
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THE BOOK BUS

Improving Children's Lives One Book at a Time

The Book Bus is a charity funded entirely through voluntary donations. The fantastic generosity of our donors has helped over five thousand children improve their reading and writing skills since 2008

Girlguiding has had a relationship with The Book Bus for the last four years with several groups working in partnership to deliver educational programmes in Africa. Continuing that partnership our County will be working in Ecuador.

One in six adults around the world have come through childhood unable to read and write, due mainly to a lack of books and opportunity to read. The Book Bus was founded by publisher Tom Maschler with the aim of supplying books and making them accessible to children to help get more children reading and therefore be able to make more choices about their own lives.

In 2008 the Book Bus began delivering books to schools in Zambia and working with children to inspire them to read. Ten years on and they have opened reading schemes in Zambia, Malawi, and Ecuador where over 100,000 children now have books that are relevant and accessible to read.

We would like you to Take it Further and raise funds to continue to support the work The Book Bus does. £100 will provide 400 books, £240 will provide a reading corner for a school and £450 will provide an entire school with books they need in Africa

Fundraising Ideas

- Hold a Book Sale
- Have a Sponsored Spell
- Hold a Sponsored Readathon
- Dress up as your favourite character from a book and have a Book Party
- Word in a word – try to find as many words in “Spectacular Ecuador Adventure” as you can. Charge £1 to enter
- Hold a ZZZzzz Bedtime event. Charge to attend and host bedtime stories with hot chocolate and cookies followed by a sleepover



If you have collected cash or cheques you can deposit them directly into The Book Bus Barclays Bank account. Cheques should be made payable to **The Book Bus Foundation**. You should include your surname as the bank reference and inform them of the donation by e mail to info@thebookbus.org so that they can send you a receipt. Please copy in HeronRangers@gmail.com

Name of account: **The Book Bus Foundation** , Name of bank: **Barclays Bank** , Account number: **03312909** , Sort code: **20 48 08**

IBAN: **GB60 BARC 2048 0803 3129 09**

SWIFTBIC: **BARCGB22**

Address of bank: **150 The Parade, Leamington Spa, CV32 4AZ, UK**

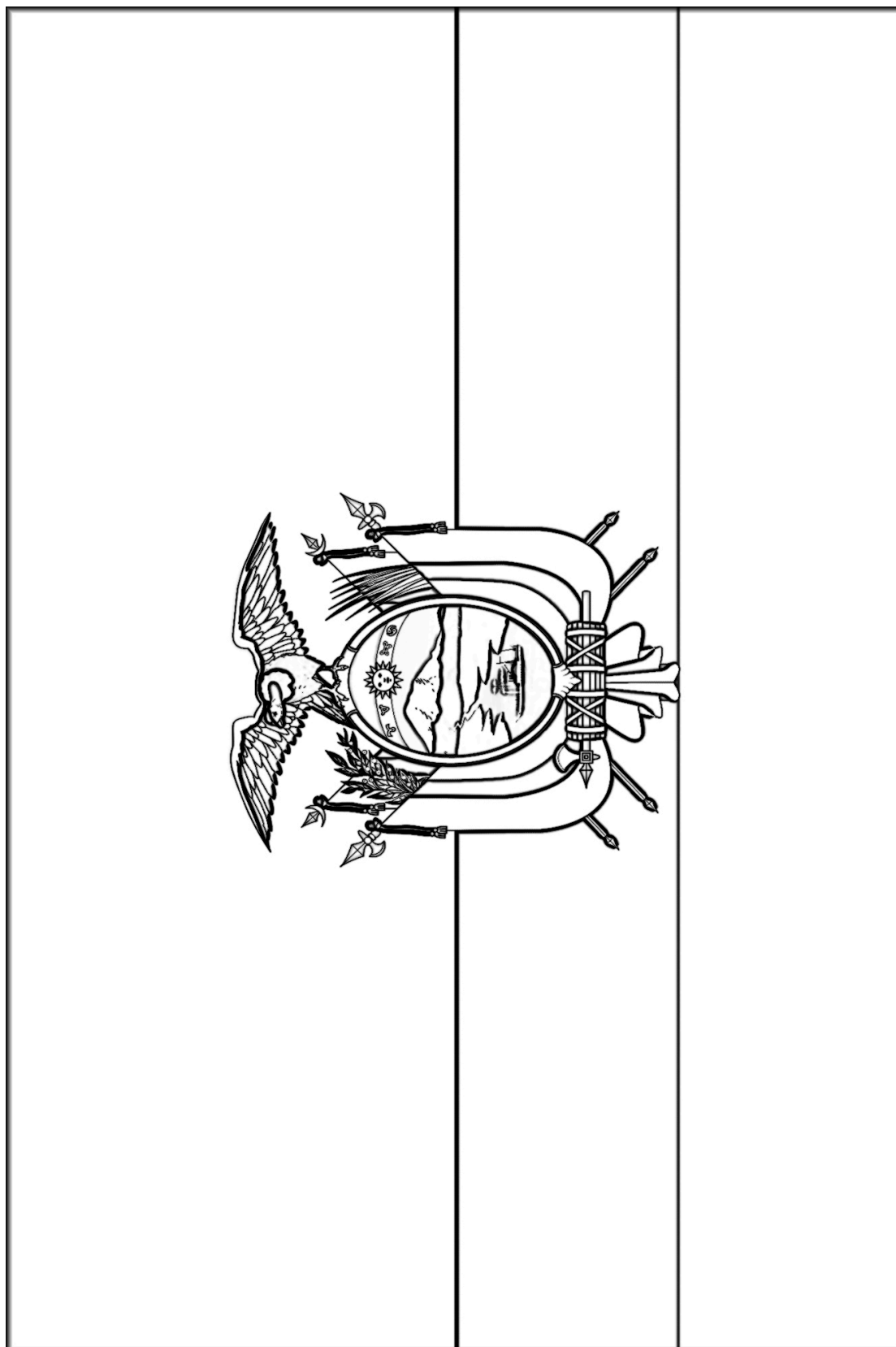
You can share what you get up to and follow our journey on Twitter using
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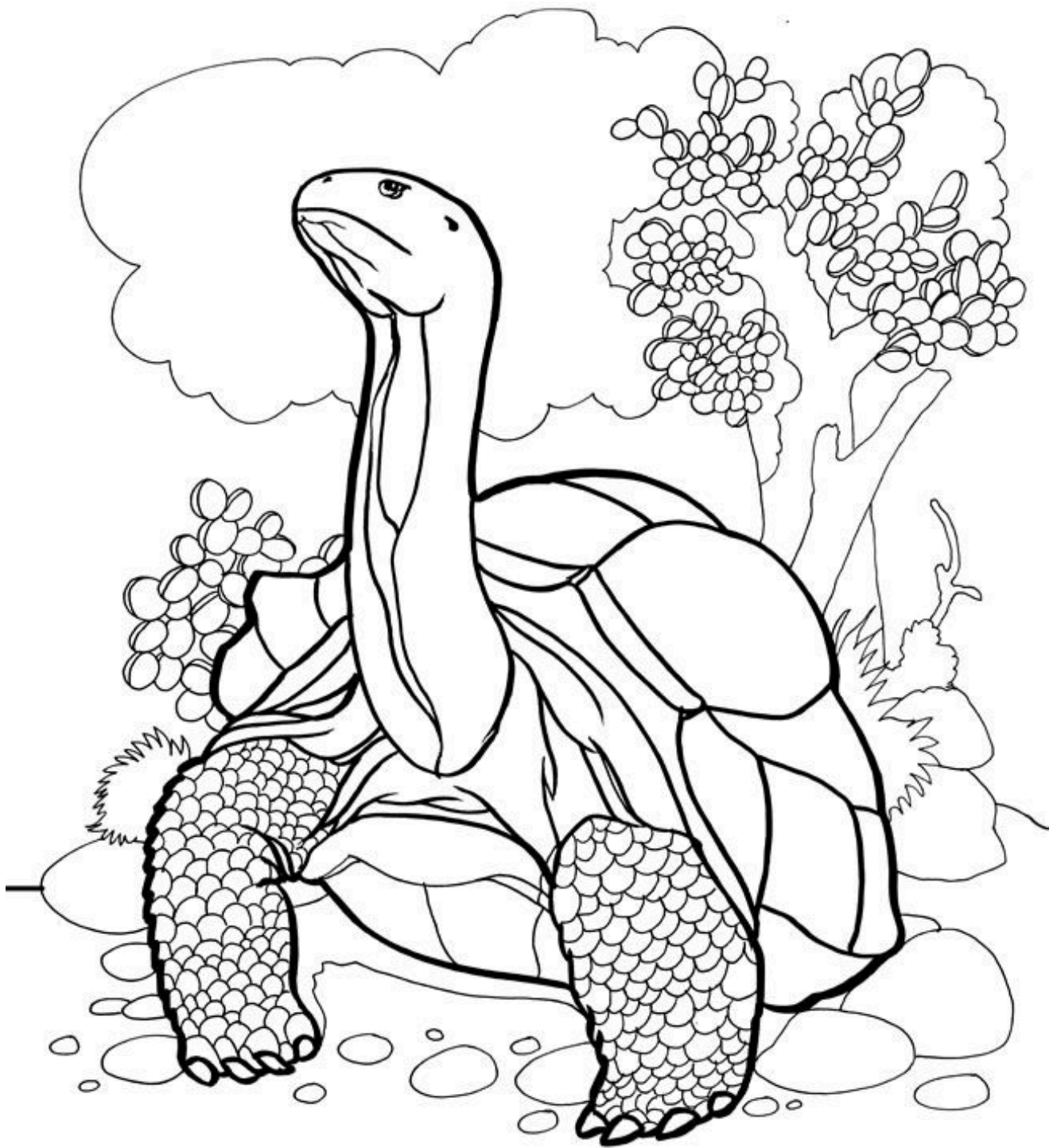


Appendix 1 – Flag Template



freecoloringpages.co.uk

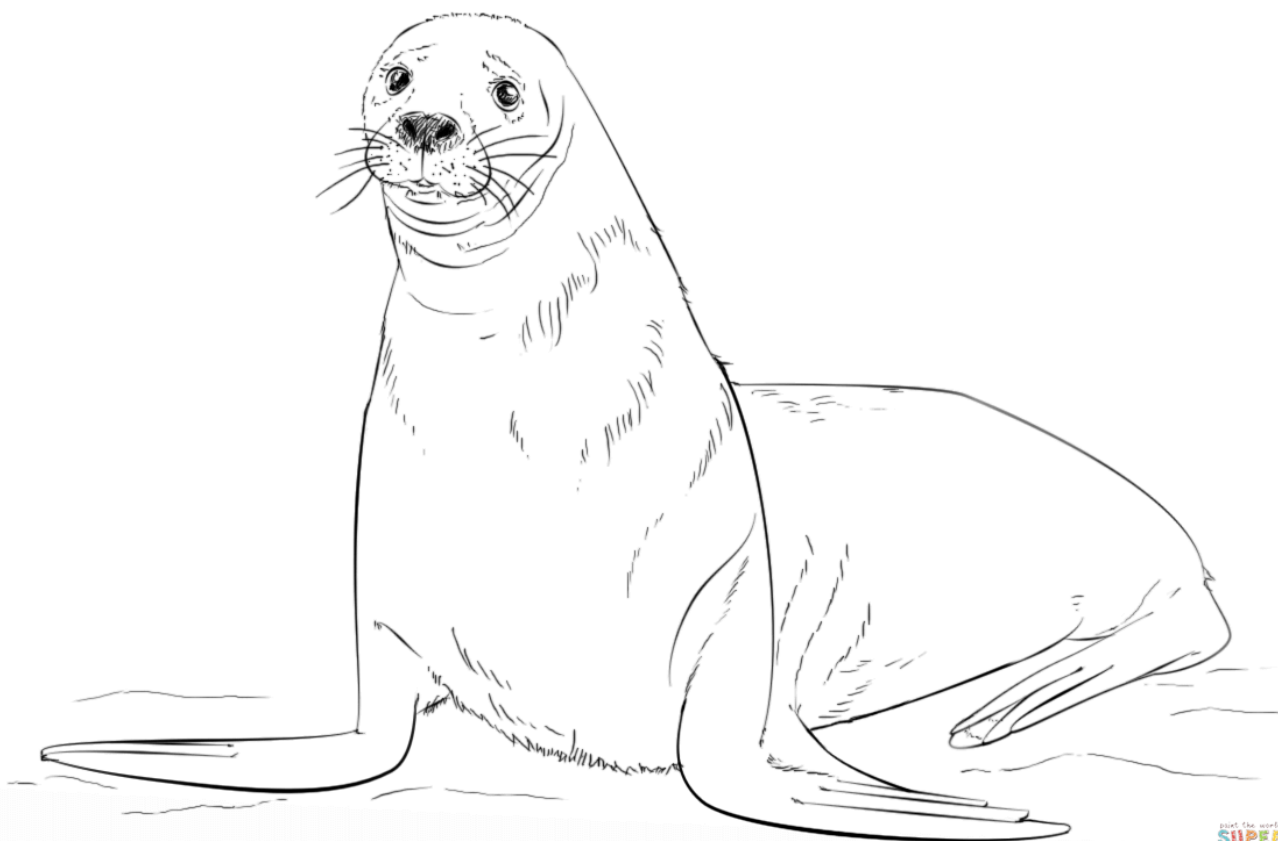
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Galapagos Giant Tortoise (*Geochelone elephantopus*) with **Giant Prickly Pear Cactus** (*Opuntia echios Howell*). Perhaps the best known of all the Galapagos Islands animals, the giant tortoise can weigh over 500 pounds and live more than 100 years. During the 1800s, their numbers were considerably reduced by whalers and fur sealers, who killed them for food and oil. Active much of the day, the

tortoises are vegetarians and eat a wide variety of plants. In mating season, the females lay between two and sixteen eggs the size of tennis balls. Coloring ranges from gray and black to dull brown. The giant prickly pear cactus has reddish-brown bark and branches at the top with green oval pads covered with clusters of long spines. These cacti are food for tortoises and land iguanas.

uk.pinterest.com/pin/207939707770322895



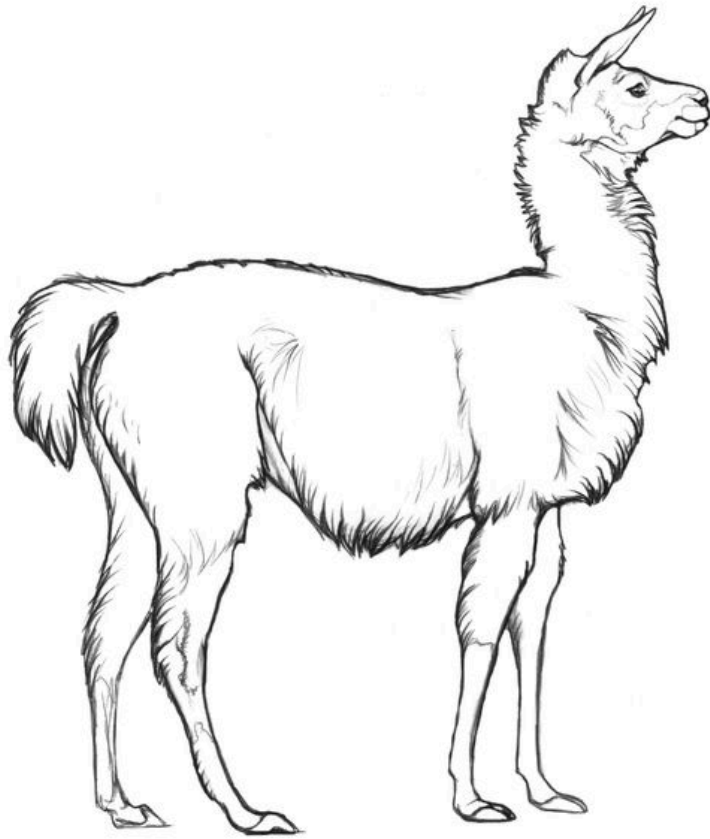
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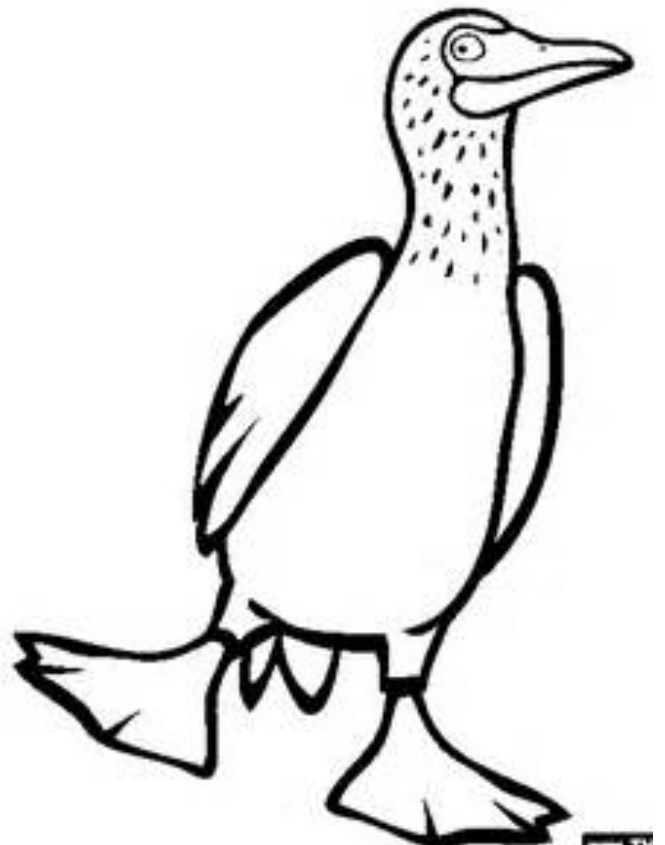
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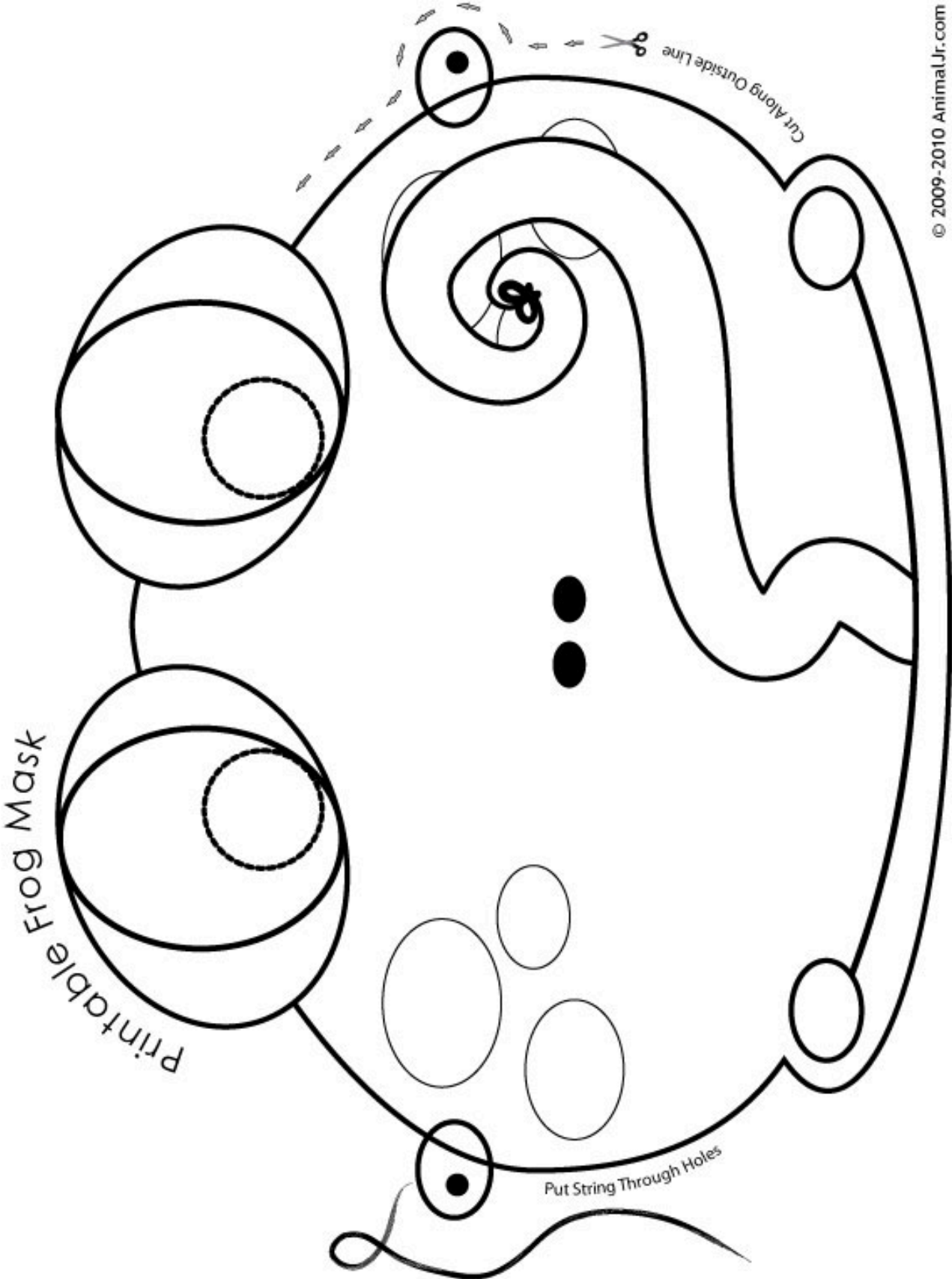
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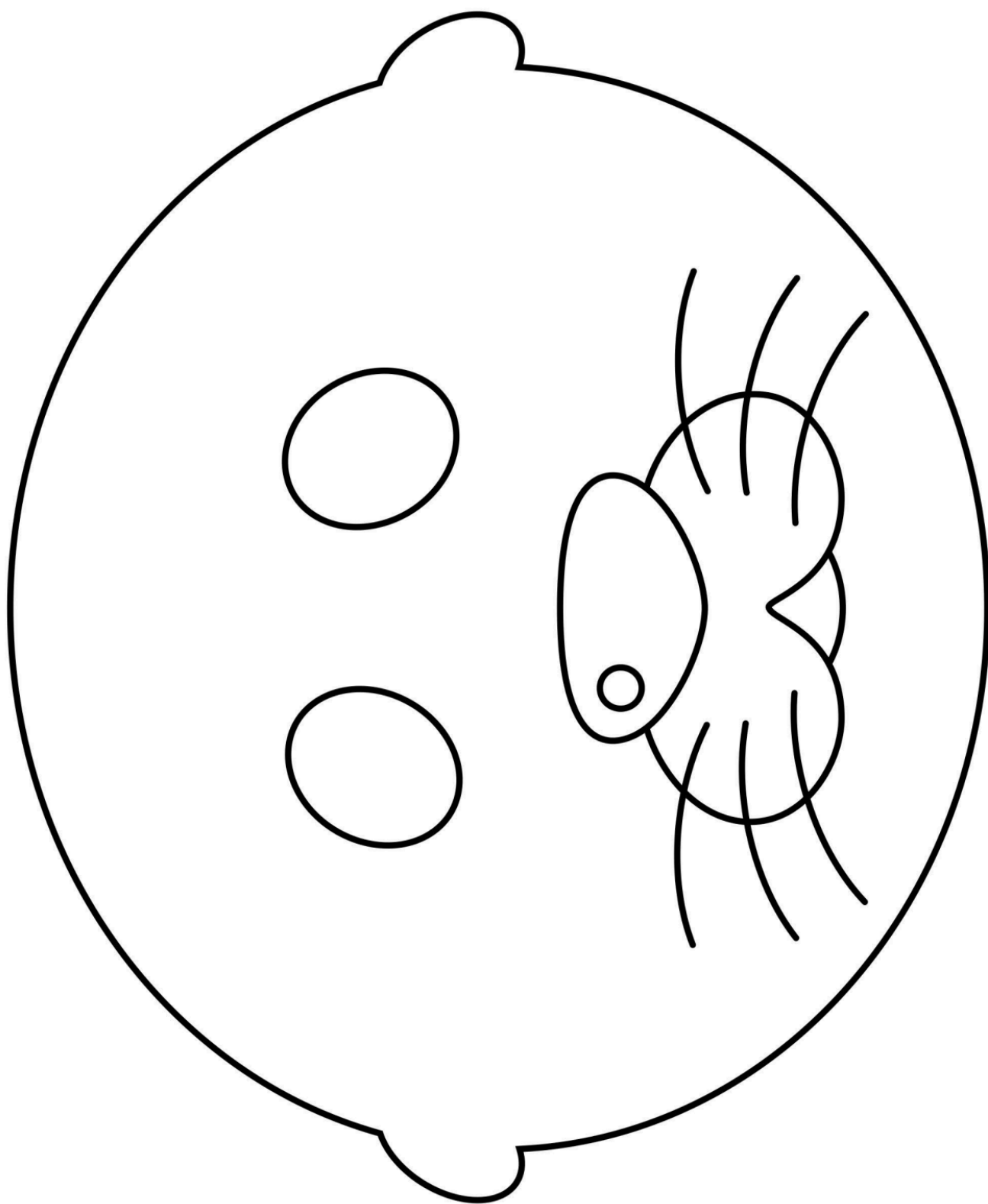


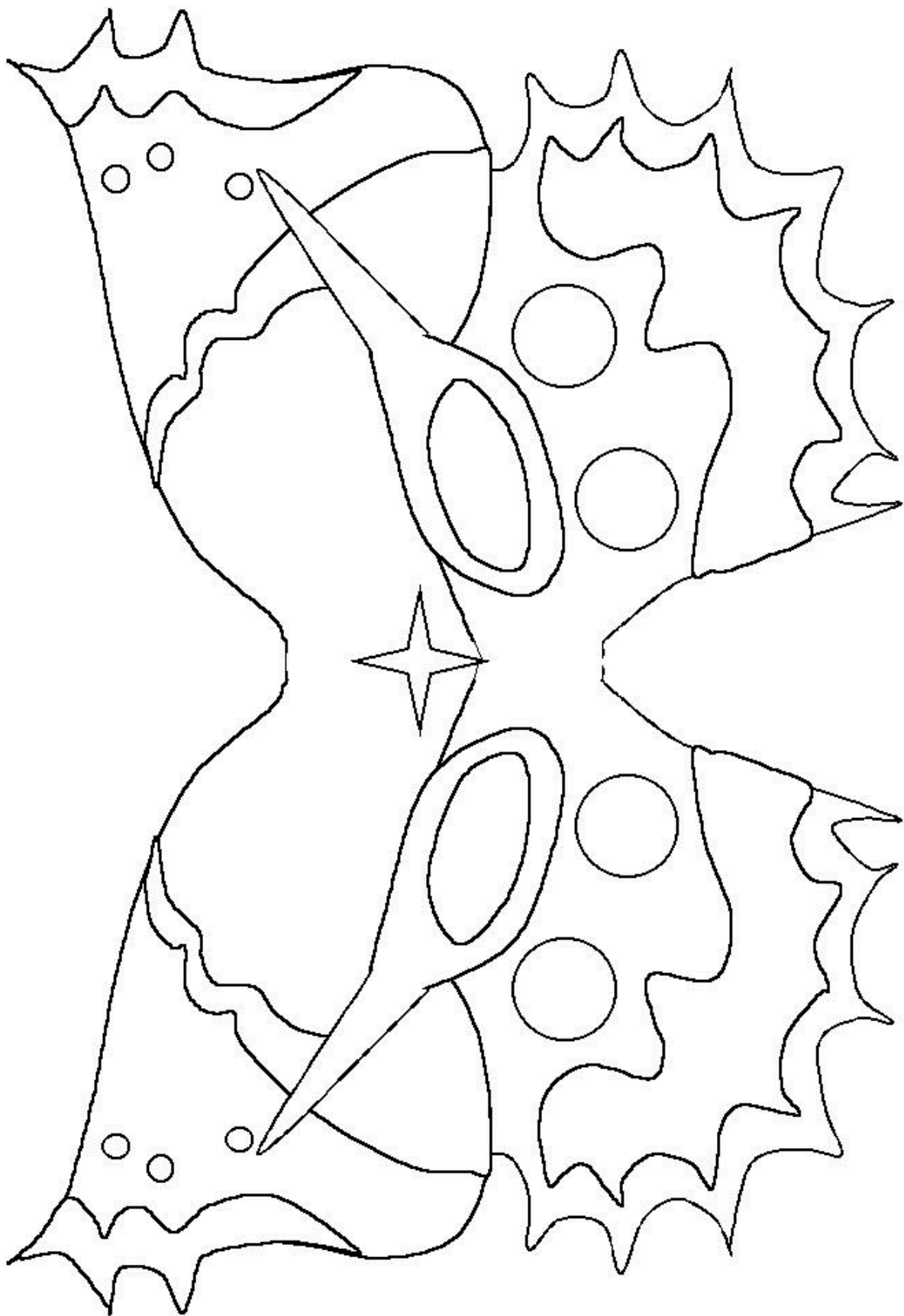
Color the Amazon Rainforest

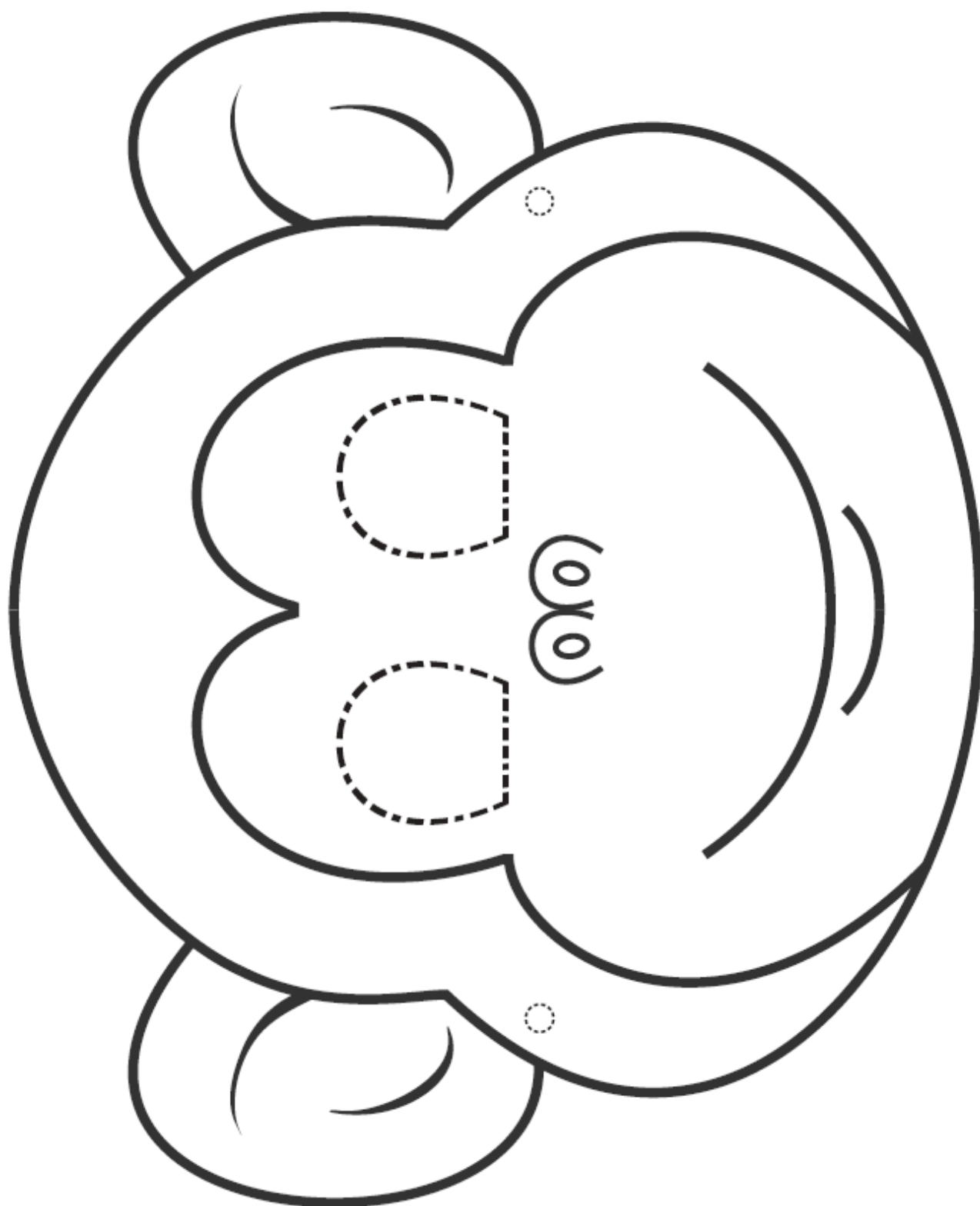
exploringnature.org © Sheri Amsel

Appendix 3 - Face masks of animals









Appendix 4 – Spanish Words & Phrases & Achuar Words

Good morning (before noon)	Buenos dias
Good afternoon (before sunset)	Buenas tardes
Good evening/night (after sunset)	Buenas noches
Hello	Hola (h is silent, becomes ola)
Goodbye	Chao
Please	Por favor
Thank you	Gracias
You're welcome	De nada
Congratulations	Felicidades
I'm sorry	Lo siento
Excuse me	Disculpe/perdon
Excuse me, when pushing past	Permiso/con permiso
Come in	Adelante
What is your name?	¿Como se llama?
My name is ____	Me llamo . . .
I don't know.	No se
Pleased to meet you	Mucho gusto
How are you?	¿Como esta?
Very well	Muy bien
See you later	Hasta luego
I don't understand	No entiendo
Please repeat	Repita, (ray-peeta) por favor
To your health	Salud
Enjoy your meal	Buen provecho
Can you help me?	¿Puede atenderme?
How do you say. . .?	¿Como se dice. . .?
Yes	si
No	no
With	con
Without	sin
Before	antes
After	despues de
Here	aqui
There	alli or alla
Mas	more
Menos	less
Now	ahora
Right now	ahorita
Soon	pronto
I don't speak Spanish	No hablo espanol.
I understand.	Entiendo.
I don't understand.	No entiendo.
Do you understand?	¿Entiende usted?
What did you say?	¿Mande?
Please speak more slowly.	Por favor hable mas despacio.
What does it mean?	¿Que significa?
Do you speak English?	¿Habla ingles?

Where?	¿Donde?
When?	¿Cuando?
What?	¿Que?
Which?	¿Cual?
Who?	¿Quien?
Why?	¿Por que?
How much?	¿Cuanto?
How many?	¿Cuantos? -
Where is the bathroom?	¿Dónde está el baño?
How far is it?	¿Cuánto hay de aquí?
I love it	Me encanta
Beautiful / Cute	Bello / Lindo
Yesterday / Today / Tomorrow	Ayer / Hoy / Mañana
Cool	Chévere

pro-ecuador.com

Top 10 Achuar Words

There are over twenty different languages spoken in Ecuador today, with the [Achuar people](#) speaking a [Jivaroan language known as Shiwiar](#), or simply Achuar.

Jivaroan is a small language family with only four known dialects, all localized in northern Peru and Eastern Ecuador. Outside of their section of the rainforest, the Achuar language has no known linguistic antecedent and is therefore unique unto itself.

Achuar Keywords

- | | |
|---------------------------|-----------------------------------|
| 1. Wiña Jai: | Greetings, I'm entering your home |
| 2. Wea Jai: | Goodbye |
| 3. Maketai: | Thank you |
| 4. Ja Ai: | Yes |
| 5. Atsa: | No |
| 6. Winya Narka _____ | My name is _____ |
| 7. Yaitiam: | What is your name? |
| 8. Shiram: | Beautiful |
| 9. Yurumak: | Food |
| 10. Nijaamanch or Chicha: | Fermented yuca drink |

www.pachamama.org

Appendix 5 – The Chocolate Game

You will need:

A wrapped bar of chocolate

A plate

A single knife and one fork per participant

Some dressing-up items (at least a hat, scarf and gloves)

Two dice

Risk Assessment: Be sure none of your children have any allergies to the ingredients

How to play:

Put the bar of chocolate on the plate with the knives and forks nearby and sit the children around it in a circle. Throw the pile of dressing up clothes into the circle. Give one child the dice.

Children take it in turns to roll the dice on the floor in front of them, passing them around the circle to their left. If a child rolls a double, they leap into the centre of the circle, put on the dressing up clothes, and start to unwrap, then eat, the bar of chocolate - but only using the knife and fork. That child keeps going until another child rolls a double, at which point they must co-operate in handing over the dressing up clothes so that the next child gets a turn.

Hints:

This game can get very rowdy as doubles sometimes come thick and fast! Be prepared to change the rules if nobody is getting a chance to eat any chocolate, perhaps using only double 3, double 4, and double 5.

If you have a particularly large group of girls, you might be better off having two sets of dice going round the circle (starting opposite each other) at the same time. If you do, you might want to limit "winning" doubles to double 5 and double 6.

Have a spare bar of chocolate or two on hand in case you have some proficient members!

You should have a fork per participant for hygiene reasons.



Try sourcing a chocolate bar using chocolate from Ecuador.

Marks & Spencer do a 72% Dark Chocolate bar that looks like this.



A variation of this game

Instead of eating a chocolate bar with a knife and fork, use Smarties, Maltesers or M&Ms and ask the children to pick them up with chopsticks.



Appendix 6 – template of US Dollar



www.dreamstime.com



Sar Marouf www.LosSite.com Download Free Images For Commercial Use And Websites

You can share what you get up to and follow our journey on Twitter using
@girlguidingLOB #Ecuador2016

Appendix 7 – How to Make a Paper Mache Volcano – Step-by-Step

You will need per patrol or six:

- A small plastic drinks bottle (without lid)
- Newspaper
- White glue
- Water
- A bowl
- A large cardboard box
- Scissors (always supervise kids when they're using scissors)
- Paint and brushes
- Small toys (optional)
- For the lava:
 - Vinegar
 - Bicarbonate of soda (also known as “baking soda”; not “baking powder”)
 - Red food colouring (optional)
 - A funnel or rolled up paper



Cut a large square out of your cardboard box to make the base board.

Using white glue, stick the bottom of the drinks bottle to the base board.

Rip half of the newspaper into inch-wide strips.

In a bowl, create a mixture of thin white glue and water.

Scrunch up sheets of the remaining newspaper, submerge it in the glue mixture and stick it on to the cardboard around the base of the bottle.

Continue to use scrunched-up newspaper to build up the volcano around the sides of the drinks bottle.

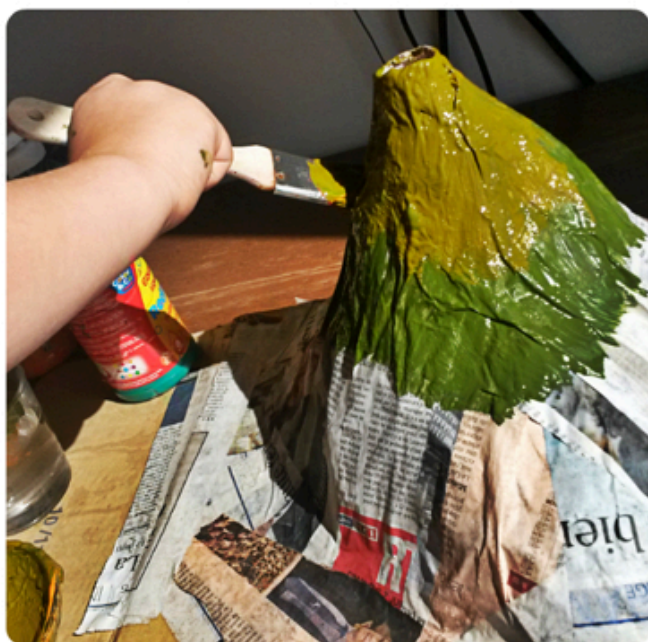
Next, dip strips of newspaper into the glue mixture and lay them on the top of each other, covering the scrunched-up paper, from the bottle opening to the cardboard base.

Add several layers of torn paper until the shape resembles a volcano.

Leave to dry for at least 24 hours.

Once the paper mache is completely dry, use paint to decorate the volcano.

Optionally, use little toy animals or foliage to make the volcano look more realistic.



Now for the fun part - read on to find out how to make paper mache volcanoes erupt.
Tip: Put your volcano on a tray or a take it outside - this could get very messy!

How to Make Lava:

Using the funnel add two or three tablespoons of bicarbonate of soda to the bottle in the centre of the volcano.

Next, add a couple of drops of red food colouring.

Finally - get ready for your volcano to erupt - and add the white vinegar!

The Science:

When you add vinegar to bicarbonate of soda a chemical reaction occurs - the result is 'carbonic acid'. This is an unstable substance - you can tell from all the fizzing! The mixture instantly separates into a gas and a liquid, producing carbon dioxide and water. Discovering how to make a paper mache volcano erupt is a simple and safe way to teach your girls the basics of how a chemical reaction works.

persil.co.uk/activities-for-kids/how-to-make-a-paper-mache-volcano

You can share what you get up to and follow our journey on Twitter using
@girlguidingLOB #Ecuador2016

Appendix 8 – Flower

Tissue Paper Rose

You will need:

Red tissue paper
Green pipe cleaner per person
Sticky tape

Instructions:

Cut three strips of tissue paper: one 3 inches wide, one 2 ½ wide and one 2 inches wide.

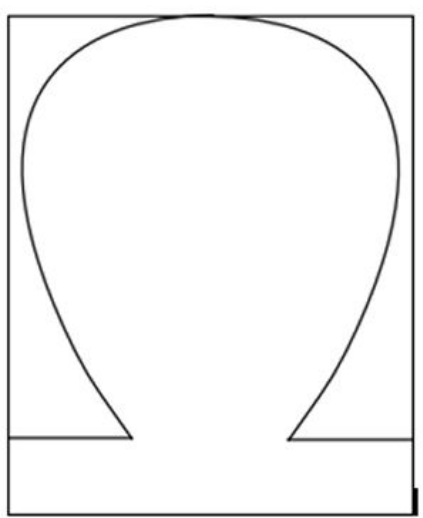
Concertina fold each strip so you are left with a roughly square shape.

On each strip draw a petal shape with a strip across the bottom touching each fold, as shown in the diagram.

Cut out, taking care not to cut through the folds at the bottom. Unfold the strips.

Starting with the thinnest strip, wind the petals around the end of the pipe cleaner, securing with pieces of sticky tape. When you have finished the first strip, add the next widest and then the widest. Secure with sticky tape. Twist the pipe cleaner stem around the tissue to help keep it in place.

Carefully tease out the petals with your fingers to make it look more like a rose.



activityvillage.co.uk/tissue-paper-rose

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Asociación Nacional de Guías Scouts del Ecuador

I promise, on my honour, to do my best: To fulfil my duties to God and my country, To help other people at all times, and To obey the Girl Scout Law.
Girl Scout Promise

Guide Scout Law



1. A Girl Scout's honour is to be trusted.
2. A Girl Scout is loyal.
3. A Girl Scout's duty is to be useful and to help others.
4. A Girl Scout is a friend to all and a sister to all other Guides.
5. A Girl Scout is courteous.
6. A Girl Scout loves animals and plants and sees the work of God in nature.
7. A Girl Scout is obedient and disciplined.
8. A Girl Scout does not lose heart (or get discouraged) under difficulties.
9. A Girl Scout is thrifty.
10. A Girl Scout is pure in thought, in word and in deed

*I promise to do my best to do my duty to God and my country,
to help everyone especially those at home.*
Little Wing Promise

Little Wing Law

1. A Little Wing always tells the truth
2. A Little Wing is obedient and cheerful

Appendix – 10 – Non Alcoholic Sangria



Servings 8 Units

Ingredients

- 1 litre cranberry-grape juice
- 250ml orange juice
- 60ml fresh lemon juice
- 1 pear, diced
- 1 apple, diced
- 750ml 7Up or Sprite

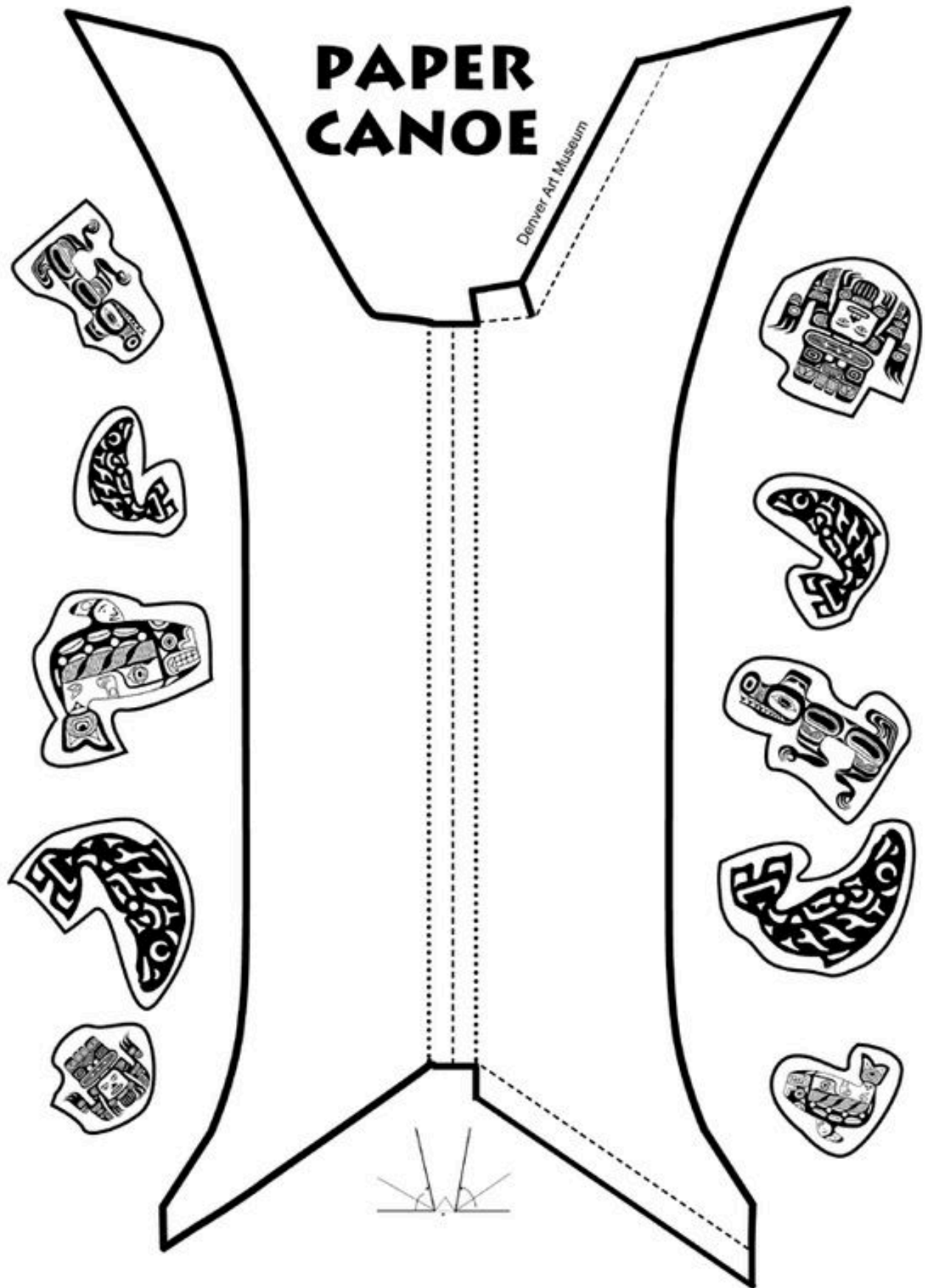
Directions

- In a large jug, combine cranberry-grape juice, orange juice, fresh lemon juice, diced pear, and diced apple.
- Refrigerate for a least 2 hours.
- Just before serving, stir in the 7Up or Sprite.

www.food.com/recipe/non-alcoholic-sangria-260454

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Appendix 11 – Paper Canoe instructions



© Denver Museum of Art

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Appendix 12 – Ecuadorian Recipes

Fried plantains with cheese

In Ecuador we use a fresh young cheese called quesillo

Easy recipe for fried plantains with melted cheese, made with sweet ripe plantains topped with crumbled feta

Ingredients

- ½ to 1 tablespoon oil or butter
- 1 to 1 ½ ripe plantains per person
- ½ cup of grated mozzarella cheese per person, or a mix of mozzarella and feta – this is about 4 to 5 ounces depending on the type of cheese

Serve with:

- Hot black coffee
- Fried egg – optional
- Aji or hot sauce - optional

Instructions

1. Cut the tips off and peel the ripe plantains, depending on the size you can either cut them in halves before slicing or slice the entire plantain. It does make it easier to slice them if you cut them halves first. Next, cut the plantains into slices that are about ¼ inch thick (or about ½ cm thick).
2. Heat the oil in a medium sized skillet or frying pan over medium heat. Add the plantain slices and cook on each side until they start to turn a golden yellow color, the flesh will go from a pinkish or light peach to yellow when they cook. You can turn them only once, though I usually end up turning them a first time, and then if needed giving the ones the need it another turn to get that golden tone.
3. Once the plantains are cooked, turn the heat down to very low or completely off, sprinkle the grated mozzarella or quesillo on top, and cover with a lid for a couple of minutes until the cheese melts.
4. Use a large spatula to transfer the ripe plantains with melted cheese to a plate and serve immediately. Can be served as is or with a fried egg on top and some aji or hot sauce on the side.



© laylita.com

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Mushroom tortilla soup

Serves ~8 people

Vegetarian mushroom tortilla soup recipe made with assorted mushrooms, coriander, onions, garlic, jalapeños, tomatoes, spices, vegetable broth, lime juice and served with feta cheese, tortilla chips, and avocado.

Ingredients

- ~3 lbs (1.4kg) of assorted mushrooms, washed and cleaned
 - 2 tablespoons of oil
 - 1 medium onion, diced (~200grams or 7 ounces)
 - 1 bunch of salad onions, finely chopped – save a small amount to add at the end
 - 1 bunch of coriander, finely chopped – save a small amount to add at the end
 - 2 jalapeños, seeds and veins removed, diced
 - 4 garlic cloves, crushed
 - 1 tablespoon of paprika
 - 1 tablespoon of ground cumin
 - 1 teaspoon dried oregano
 - ½ teaspoon cayenne pepper, adjust to taste
 - 450g tin of chopped tomatoes
 - 4 cups of vegetable broth
 - 2 cups of tomato juice
 - ¼ cup freshly squeezed lime juice
 - Salt and pepper to taste
- To garnish and serve:**
- Tortilla chips
 - Avocado, diced or sliced
 - Feta cheese, crumbled
 - Chopped coriander and spring onions
 - Lime slices
 - Jalapeño slices or extra hot sauce (if desired)

Instructions

1. To prepare the mushrooms, you will need about in 1 cup of diced mushrooms (for the soup base) and the rest should be sliced or chopped into bite size pieces. If there are any very small mushrooms you can leave them whole (if you prefer).
2. Heat the oil in large soup pot and add the diced mushrooms, let them cook until they release any liquid and then continue cooking until the liquid reduces leaving just the oil which should start to brown the mushrooms.
3. Add the diced onions, green onions, cilantro, jalapeños, crushed garlic, paprika, cayenne pepper, oregano, cumin, salt and pepper. Mix well and cook on low heat for about 10 minutes or until all the ingredients are soft.
4. Add the diced tomatoes and cook for another 10 minutes.
5. Add the vegetable stock and tomato juice. Bring to a boil, add the mushrooms and cook over low heat for about 10 to 15 minutes. The mushrooms will reduce in size by the time the soup is done.
6. Stir in the lime juice and remove from the heat. Add some of the chopped cilantro and green onions.
7. Serve immediately garnished with queso fresco, tortilla chips, diced avocado, chopped cilantro, green onions and lime slices.

© laylita.com



Espumillas or fruit meringue cream

Serves: 6-8 servings

Espumillas are a popular street food in Ecuador, this dessert is a meringue cream made with fruit pulp, typically guava or guayaba, egg whites and sugar. This is an easy version

Ingredients

- 1 bag of frozen tropical fruit (defrosted) or tinned
- 100g sugar
- 8 meringue nests – crushed
- 2 packets of Dream Topping
- Garnishes: Forest Fruit coulis, sprinkles and/or coconut flakes
- 8 Wafer cones

Instructions

1. Put the fruit in a large bowl and mix it with sugar until everything is pureed. You can use a fork or a vegetable masher for this part.
2. Add the meringue nests to the bowl and stir well.
3. Make the Dream Topping as per the instructions. Add mixture to Dream Topping.
4. Serve immediately in ice cream cones, drizzle with the berry sauce and sprinkles or coconut flakes.



© laylita.com

Appendix 13 – Blank South American Map



Appendix 14 - Ecuadorian Fruit



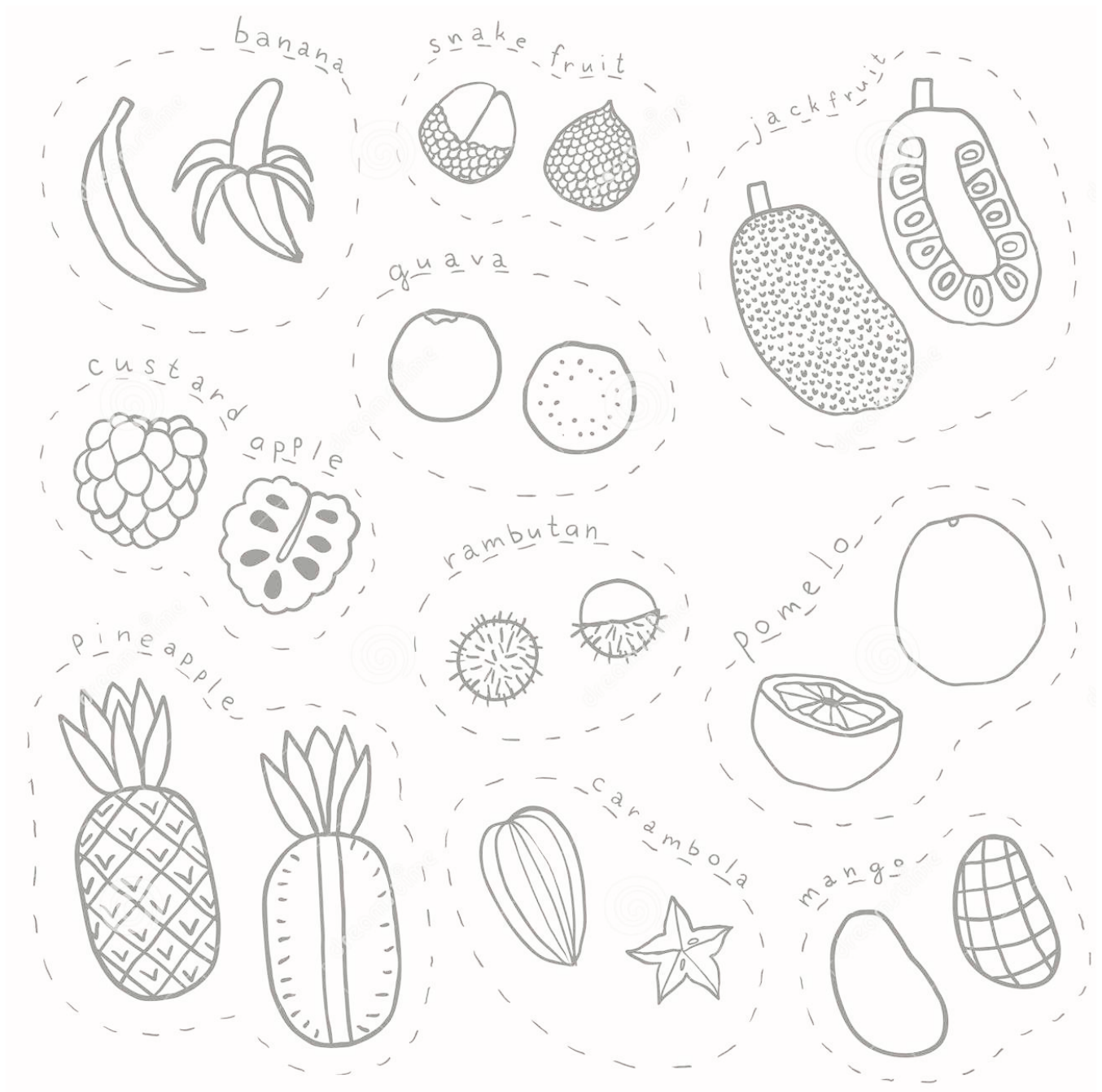
Imagine what each fruit will look like if you cut it in half. Would it be similar to an orange or a tomato? Make a drawing like this and then check with the photo of the fruits from the market to see if you were close:

Answer



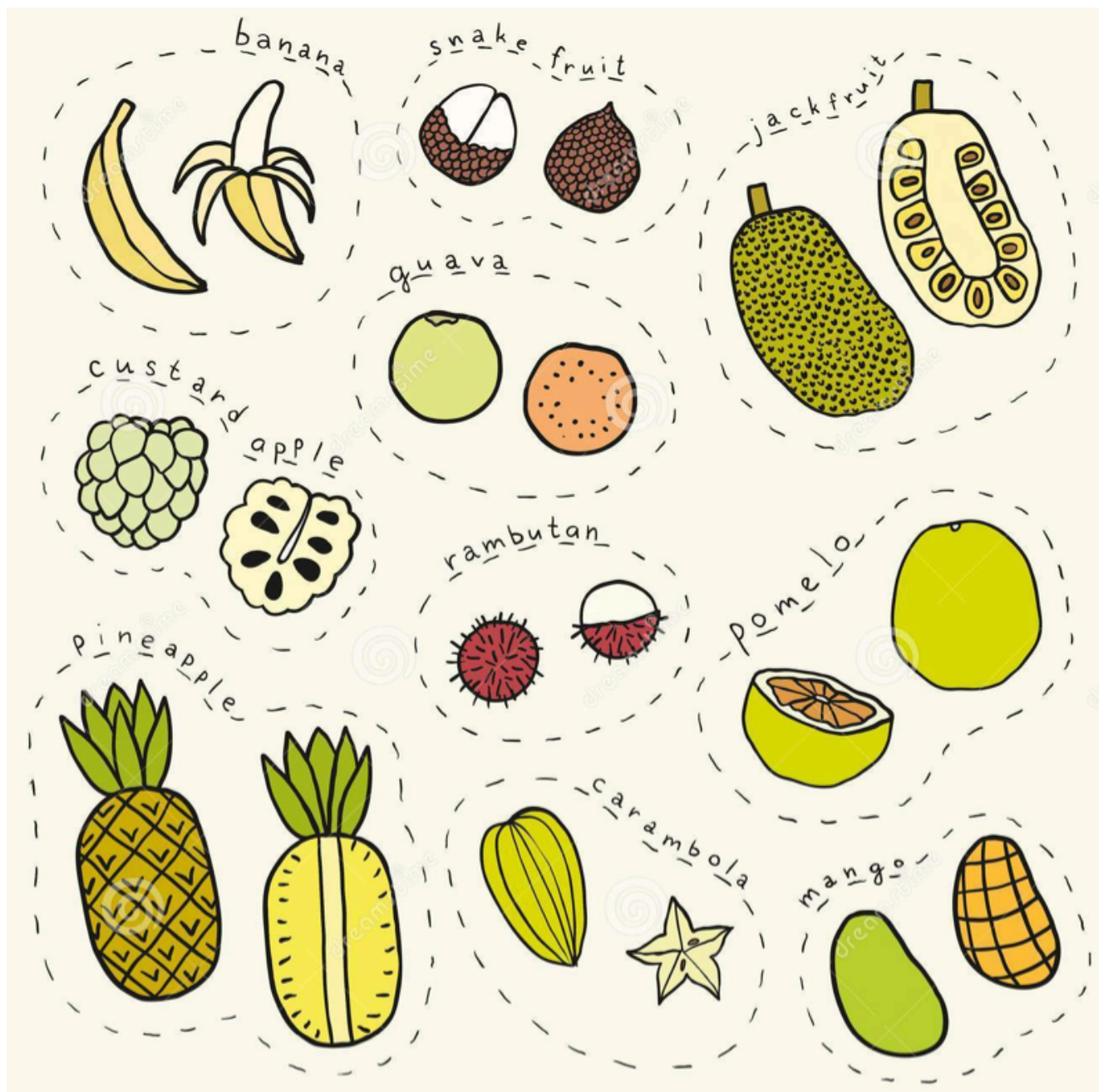
© bkpk.me/indulge-your-senses/exotic-fruits-from-ecuador

Appendix 15 – Exotic Fruits



© Ekaterina Kondrateva Dreamstime.com

Answer



© Ekaterina Kondrateva Dreamstime.com

Appendix 16 – Name the Exotic Fruits



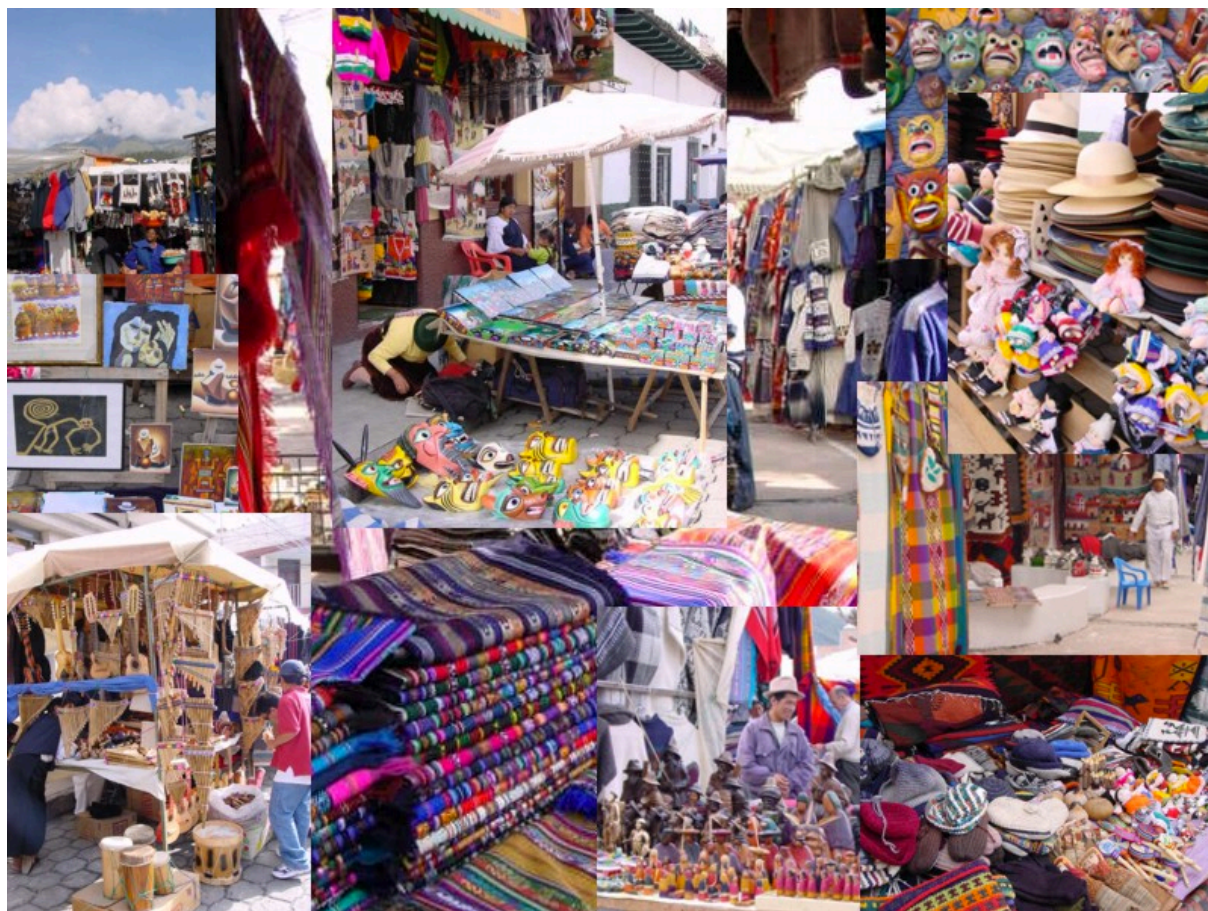
Draw a line from the fruit in the photo to the name of the fruit. What do you think they taste like?

- taxo
- gooseberries
- naranjilla
- tree tomato
- granadilla
- dragon fruit
- tuna
- sweet cucumber

Answers

- taxo (banana passion fruit)
- gooseberries (the little orange ones)
- naranjilla (little orange in the front)
- tree tomato (red egg shaped tomato)
- granadilla (orange one in the foreground)
- dragon fruit (yellow cactus in the back)
- tuna (prickly pear - green cactus in the back)
- sweet cucumber (on the right)

Appendix 17 – Otavalo Market



Appendix 18 - Role Play



Figure 1: bunniktours.com.au

Imagine you are each of these women. Make up a two minute role play acting out the scene. Think about:

- How did they get to the market?
- How long will they be there?
- What is their relationship?
- What are they buying/selling?
- What is the weather like?
- What families do they have?
- What do they make of tourists in flip flops?



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Branding Matters Approval for Badge Design

On 2 March 2016 at 16:12, Branding Matters <BrandingMatters@girlguiding.org.uk> wrote:

Hi Kathy,

Thank you for sending these through.

These Spectacular Ecuador Adventure badges are absolutely fine

Best

Mia

Mia Churcher
Marketing Officer

Girlguiding
Tel: 020 7834 6242 ext 2116
www.girlguiding.org.uk

Girlguiding is the leading charity for girls and young women in the UK. We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun.

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Phone number in case of query

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Number of round badges @ £2 each (including postage) required

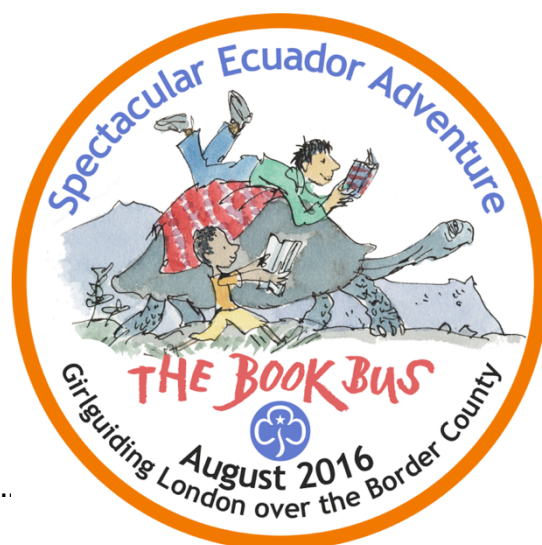
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Any profit from the sale of badges will go towards international opportunities in Girlguiding London over the Border County. Thanks in advance for your support.

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