

ESG DAY 2024

The Czech Republic

Firstly, we would like to introduce you to a few beautiful places in the Czech Republic that you definitely shouldn't miss!

Prague is the capital of the Czech Republic, famous for its old castles, colorful buildings, and the Charles Bridge and the big clock in the Old Town Square.



Brno is the second-largest city in the country, known for its science and technology. You can visit Špilberk Castle to see amazing views of the city.

Lednice is a small town with a big fairytale castle surrounded by gardens and lakes. You can go for a boat ride or explore the beautiful parks around the castle.



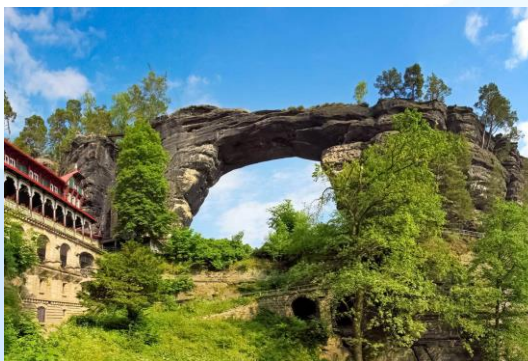
Karlovy Vary is a famous spa town with colorful buildings. You can take a walk along the river and try some of the water from special fountains.

Adršpašsko-Teplice rocks are known for their bizarre sandstone formations. This rocky area offers countless hiking trails, among which the beautiful path to the waterfall stands out.



Lom Velká Amerika (Great America Quarry) is a former deep-sea limestone. It is often called the "Czech Grand Canyon", and it is known for its steep walls and turquoise blue water.

Macocha is one of the deepest chasms in Central Europe, its depth reaches up to 138 meters and offers wonderful views. Under the chasm rises the underground river Punkva.



Pravčická brána is the largest natural rock gate in Europe with its majestic height of 16 meters and width of 26 meters. It is located in the Czech Switzerland National Park.

Let's bake!

Vánočka is a traditional Czech Christmas bread, enjoyed by families during the holiday season. The shape of Vánočka symbolizes a swaddled baby, representing baby Jesus. Vánočka is not only delicious but also a symbol of good fortune and blessings for the coming year.

Ingredients:

- 500g all-purpose flour
- 100g sugar
- 100g unsalted butter (room temperature)
- 250ml warm milk
- 25g fresh yeast (or 7g dry yeast)
- 2 egg yolks
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 1/2 tsp salt
- 100g raisins (optional)
- 50g slivered almonds (optional)
- Powdered sugar (for dusting)
- 1 whole egg (for brushing)

Instructions:

1. Activate the yeast: In a small bowl, mix the warm milk with 1 tablespoon of sugar and the yeast. Let it sit for about 10-15 minutes until it becomes frothy.
2. Prepare the dough: In a large bowl, combine the flour, sugar, salt, vanilla extract, and lemon zest. Add the yeast mixture, egg yolks, and butter. Mix well until the dough starts coming together.
3. Knead the dough: Transfer the dough to a floured surface and knead for 10-15 minutes until it's smooth and elastic. You can also use a stand mixer with a dough hook for this step. If using raisins and almonds, knead them into the dough at this stage.



4. First rise: Place the dough in a greased bowl, cover it with a clean towel, and let it rise in a warm place for 1-1.5 hours, or until it has doubled in size.

5. Braid the vánočka: After the dough has risen, punch it down and divide it into 9 pieces. Roll each piece into a long rope and braid it in layers. Start by braiding a base of 4 strands, then 3 strands, and finish with 2 strands on top.



6. Second rise: Transfer the braided vánočka to a baking sheet lined with parchment paper. Cover and let it rise for another 30-40 minutes.

7. Brush with egg: Preheat your oven to 180°C (350°F). Brush the vánočka with a beaten egg to give it a golden color when baked.

8. Bake: Bake for 30-40 minutes, or until golden brown and cooked through. You may cover the top with aluminum foil if it browns too quickly.

9. Cool and serve: Let the vánočka cool slightly on a wire rack, then dust with powdered sugar before serving.

Enjoy your festive bread!



Learn some Czech!

- **Ahoj [ah-hoy]** – Hello / Hi
- **Děkuji [dyay-koo-yi]** – Thank you
- **Prosím [pro-seem]** – Please / You're welcome
- **Ano [ah-no]** – Yes
- **Ne [neh]** – No
- **Mluvím anglicky [mloo-veem ang-lit-skee]** – I speak English.
- **Nemluvím česky [neh-mloo-veem ches-kee]** – I don't speak Czech.
- **Promiňte [pro-meen-teh]** – Excuse me / Sorry
- **Na shledanou [nah skh-leh-da-no]** – Goodbye
- **Jak se máš? [yak seh maash]** – How are you?
- **Dobré ráno [do-breh rah-no]** – Good morning

Tongue twisters

- **Tři sta třicet tři stříbrných stříkaček stříkalo přes tři sta třicet tři střech.** - Three hundred and thirty-three silver syringes sprayed over three hundred and thirty-three roofs."
- **Pštros s pštrosicí pštrosátka pštrosí pod pštrosím prutem.** - An ostrich with an ostrichess is ostriching their chicks under an ostrich twig.
- **Strč prst skrz krk.** - Stick a finger through the neck.
- **Královna Klára na klavír hrála.** - Queen Klára played the piano.

Time for games!

Now, we'd like to introduce you to a few of our favorite games that we love to play!

Bomb and shield

This game is very simple.

Each player mentally determines their "bomb" and "shield", which are two other different players. You can designate anyone, but other players must not know who you designated.

When it says **START** and the game starts, you must still try to be near the player (you must run) that you have chosen as a shield, but at the same time run away from the "bomb" player.

The bomb cannot hit you if you are standing directly behind your shield

This game is very interesting because all players choose shield and bomb whoever they want and if for example my bomb chooses me as shield it's really interesting.

They all run behind their shields trying to hide from their bomb.... after some time, one designated person says **STOP**, they all stop and stand where they left off. If they are within range of their bomb (let's say 2 meters away) and not right next to the shield, they are out of the game, but if the bomb can't hit you, you keep playing and of course you set a new bomb and a new shield!

You may not change your bomb or shield during a game round.

Through this ring i see the sun.

All players stand/sit in a circle, passing a ring. Once the ring is passed to you, you look through it and say - "Through this ring, I see the sun". One chosen person who knows the rules decides if you're able to see it or not - by simply saying "You can." or "You cannot". This way, as the rings gets along the circle, players must figure out the rule of the ring.

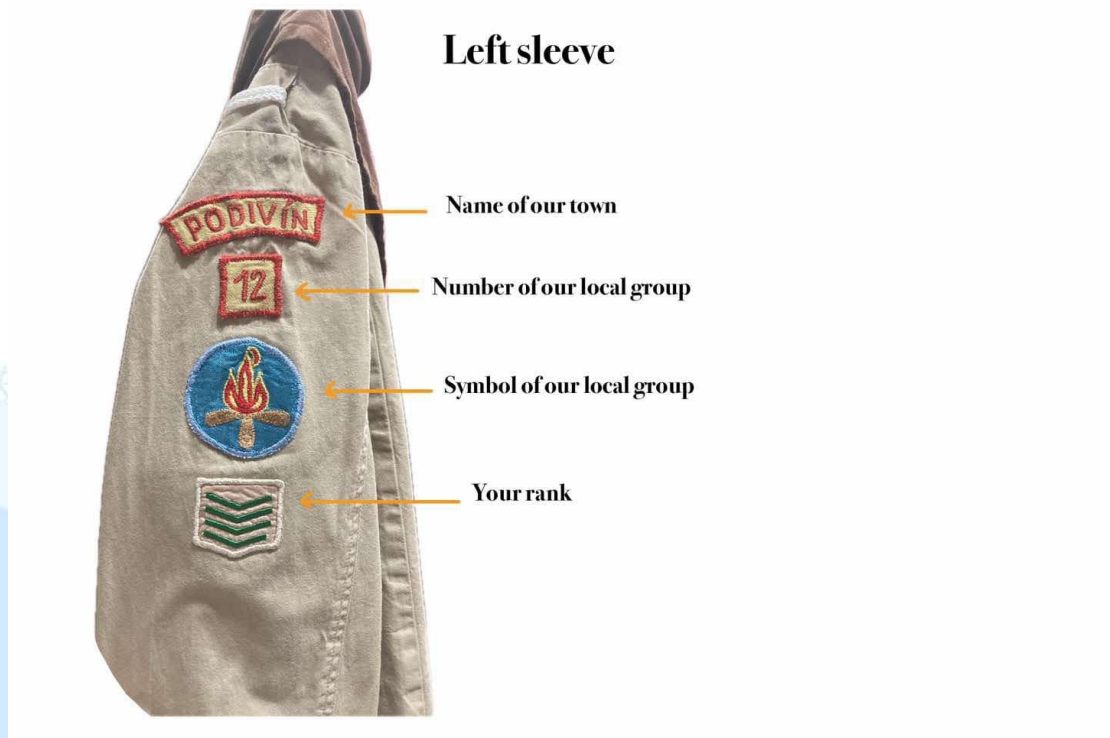
The rule is very simple, yet hard to figure out, as we scouts do it almost automatically. You have to say the magic word - thank you - when the ring gets passed to you. It's up to the leaders if they want to reveal the rule at the end of the game, or keep it as a secret and continue the game another time.

Pairs

As the title tells us, players make pairs. Two people are given the role of a seeker. The pairs all make up a simple move. After they choose their move and check with others that none are identical, they space out in the playfield to form a rectangular shape with even rows - as in the board game Pairs. The seeker's task is to find all the matching pairs by pointing to a two people a round, trying to find the same moves. If the seeker succedees, he gets one more round. If not, it's the other seekers turn. The seeker who gets more pairs correct at the end of the game is the winner.

Our scout uniform

Now, we'd like to introduce you to our scout uniform. Although each local group has slightly different badges, this is the scout uniform of the scouts from the town called Podivín.



Let's sing!

Rána v trávě (Žalman): https://www.youtube.com/watch?v=uR9_dPV3uLU

Ami G Ami G
R: Každý ráno boty zouval, orosil si nohy v trávě,
Ami G Ami Emi Ami
že se lidi mají rádi doufal a procitli právě.
Ami G Ami G
Každý ráno dlouze zíval, utřel čelo do rukávu,
Ami G Ami Emi Ami
a při chůzi tělem semtam kýval, před sebou sta sáhů.

C G F C
1. Poznal Moravěnku krásnou
Ami G C
a vínečko ze zlata,
C G F C
v Čechách slávu muzikantů
Ami Emi Ami
umazanou od bláta.

Ami G Ami G
R: Každý ráno boty zouval, orosil si nohy v trávě,
Ami G Ami Emi Ami
že se lidi mají rádi doufal a procitli právě.
Ami G Ami G
Každý ráno dlouze zíval, utřel čelo do rukávu,
Ami G Ami Emi Ami
a při chůzi tělem semtam kýval, před sebou sta sáhů.

C G F C
2. Toužil najít studánečku
Ami G C
a do ní se podívat,
C G F C
by mu řekla: proč holečku,
Ami Emi Ami
musíš světem chodívat.

C G F C
3. Studánečka promluvila:
Ami G C
to ses' musel nachodit,
C G F C
abych já ti pravdu řekla,
Ami Emi Ami
měl ses' jindy narodit.

Ami G Ami G
R: Každý ráno boty zouval, orosil si nohy v trávě,
Ami G Ami Emi Ami
že se lidi mají rádi doufal a procitli právě.
Ami G Ami G
Každý ráno dlouze zíval, utřel čelo do rukávu,
Ami G Ami Emi Ami
a při chůzi tělem semtam kýval, před sebou sta sáhů
Ami Emi Ami Ami Emi Ami
před sebou sta sáhů, před sebou sta sáhů

English translation:

Mornings in the grass (by Žalman)

Chorus:

Every morning, he took off his shoes, covered his feet in the dew in the grass,

he hoped that people would like each other and that they have just woken up.

Every morning, he gave a long yawn, wiped his forehead into his sleeve

and while he was walking, he swung his body here and there, a hundred fathoms to go.

1. He got to know the beautiful Moravia,

and the wine made from gold,

in Bohemia the fame of musicians

smearred with mud.

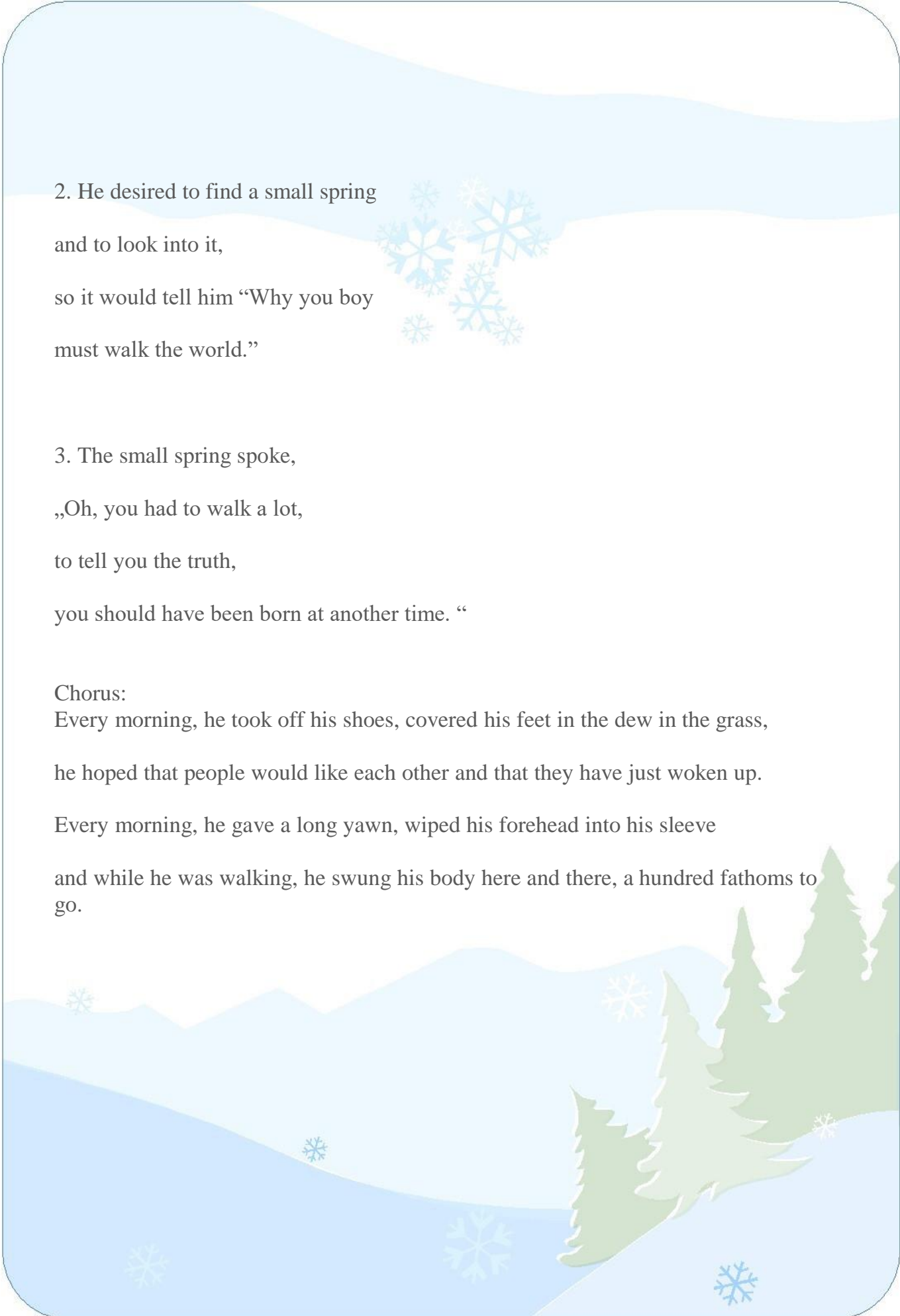
Chorus:

Every morning, he took off his shoes, covered his feet in the dew in the grass,

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and while he was walking, he swung his body here and there, a hundred fathoms to go.



2. He desired to find a small spring
and to look into it,
so it would tell him “Why you boy
must walk the world.”

3. The small spring spoke,
„Oh, you had to walk a lot,
to tell you the truth,
you should have been born at another time. “

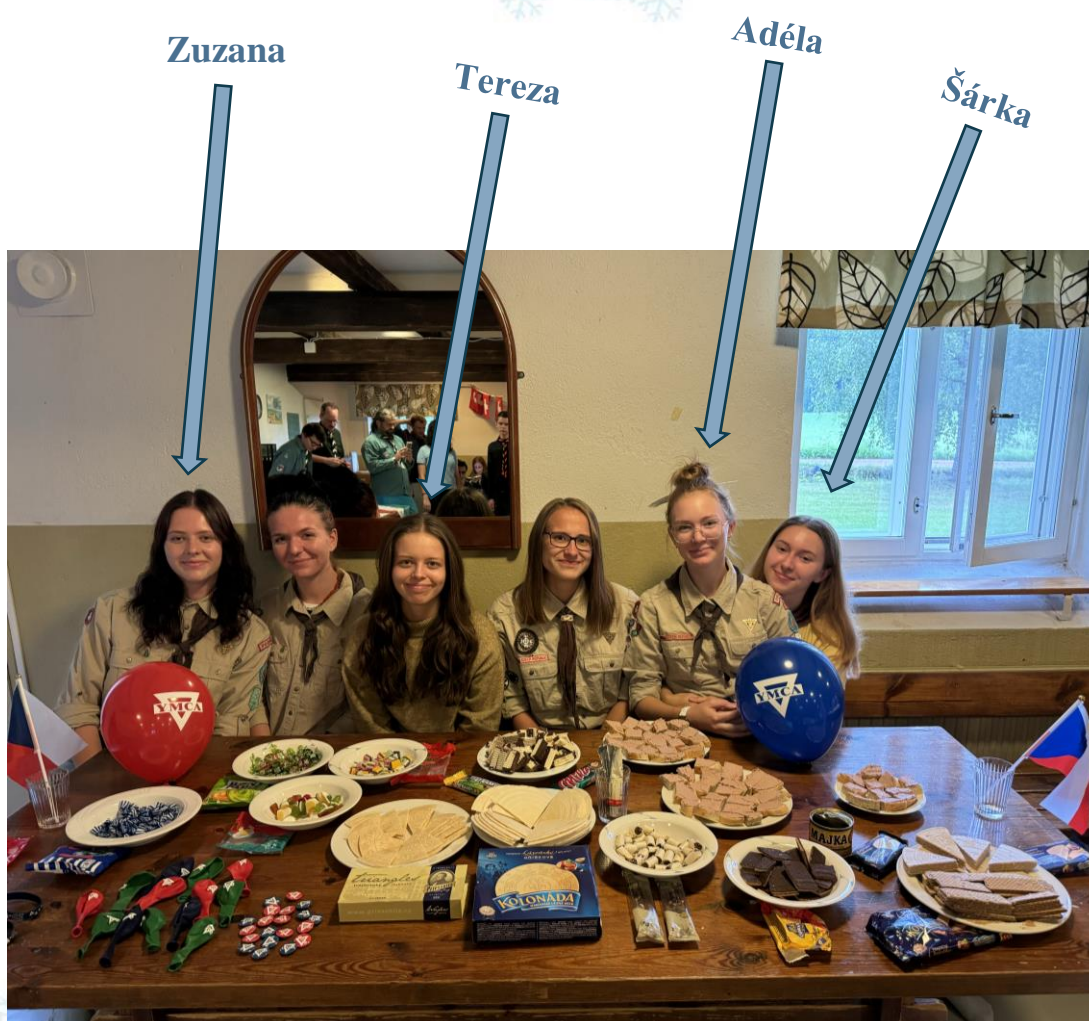
Chorus:

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Thank you for participating!

This ESG Day was made by Tereza, Šárka, Zuzana (Žárovka) and Adéla (Skřítek).
All of us are from the Scout group Táborový oheň from the town Podivín.



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