

EUROPEAN SCOUTING GROUP- DAY

YWCA YMCA  SWITZERLAND



ESG-DAY

11 November 2023

A SWISS SCOUTING DAY IN THE FOREST

CEVI  SCHWEIZ



ESG-DAY

CEVI  SCHWEIZ

Introduction

ESG Day takes place every year, on the first Saturday in a full November week. This year it is a turn of YWCA YMCA Switzerland to prepare the program of ESG day. ESG Day's goal is to experience other nations program and to have a better understanding of YMCA Europe.

Cevi, as the third largest youth association in Switzerland, has over 13,000 members in more than 200 local clubs. Over 80 training courses and almost 300 camps are organized every year. As a Christian and internationally oriented youth movement, promoting leadership and strengthening people has a central place in all activities of Cevi Switzerland. Cevi Switzerland is part of the European and global Cevi associations YMCA and YWCA with a total of 70 million members.

You can get more information at our website.

www.cevi.ch

In this ESG Day, we invite you to carry out a normal Scouting Program in your group in the first week of November. It will take 2 - 3 hours.

There will be a community-action at the end of the program. We are happy if you and your group will join



Part 1: Games (4x10/15min)

Fliegender Holländer (Flying Dutchmen)

All players stand in a large circle and hold hands. Two volunteers initially walk around the circle (must always hold hands). You can now hit somewhere. i.e. they hit their hands between a couple. Now they have to run around the circle in the same direction, never letting go of each other, and run into the gap. The couple that was hit must try the same thing in the opposite direction. Whichever pair is in the gap first gets to stay there. The other couple then has to go around. etc.

The game can be played for any amount of time.

A couple can also be stopped by the other couple dragging one of the couples along.

Schitli schuute(Wood around)

One is the seeker. He has 3 logs of wood in front of him and builds them up like a pyramid.

Then he counts to 50.

The others are hiding.

The seeker then tries to search for the others and guard the pyramid at the same time. When she sees someone, e.g. Peter, she runs to the pyramid and says "struck for (e.g.) Peter". If Peter is faster, he can kick over the pyramid. This means that all the children who have already been found, including Peter, can run off and hide again.

The searcher now has to rebuild the pyramid and count again - this time only to 30 and search again.

If the pyramid is knocked over again, he only has to count to 10. If he doesn't manage to find them without his pyramid falling over, he is replaced by the child who was found first.

Chuerupfe(Pull cow)

The participants form a circle, holding each other's arm joints. There is an object in the middle (e.g. a drinking bottle). The goal is to pull a person towards the bottle so that they touch it. If you reach the item you are eliminated from the game.

You are also eliminated if the circle breaks away because the participants can no longer hold on. In this case, the affected participants are both eliminated.



ESG-DAY



Sitzball Cevi Schönenwerd Variante (Sitting ball YWCA YMCA Schönenwerd Style)

All players are on a marked out playing field. There is one soft ball (or item) per 10 people. The balls are thrown into the air and the game begins.

The players try to grab a ball. Depending on the age of the players, a limit of steps can be introduced. Usually 7-12 year olds are allowed 3 steps, older than 12 years no steps.




Now you must throw the ball at other participants. If you are hit, you must sit down where you were, when you were hit.

There are 2 possibilities to get back into the game:

1. catch a ball
2. if the player, who hit you, gets hit and sits down

The game is over if only 1 player is left standing, or the program continues.

Part 2: Cooking (Total around 2h)

Preparation	
<p>Fire</p> <p>The fire needs enough embers as shown in the picture.</p> <p>That should take about an hour.</p>	
<p>Material you need:</p> <ul style="list-style-type: none"> • spoon or fork • potatoes (fist size) • eggs • bacon • aluminium foil • toothpick • practical knife, knife • garbage bag 	
<p>Quantity per person:</p> <ul style="list-style-type: none"> • 1 egg • 1 potato • 10 bacon 	

Preparation

Cut the top off the potato and keep it.

Notes: The Potato on the picture is on the small side. The potato should not be smaller.



Hollow the potato with a knife. A Swiss knife is perfect for this. Collect the inside of potato on a piece aluminium foil.

Notes: The walls of the potato should not be damaged. Otherwise the egg flow out of the potato.



Prepare aluminium foil in the lid of the egg tray. Be careful filling the potato with the egg. It could overflow.



Fill the potato with the egg. You can put some bacon on top, if you like.



1. Put the top of the potato back.
2. Secure it with toothpicks.
3. Wrap the potato with aluminium foil.
4. Place the potato in the embers.

Notes:

The potato should be complete surround with embers.

Take the insides you removed from the potato and mix it with an egg, bacon, salt and pepper and put it also in the fire. Use two layers of aluminium foil.



After 30 minutes the potato is finished. Try one of it if it is ready.

The inside of the potato needs 10-15min longer.



Part 3: Singing

Schweizer Deutsch Version

Guggisberglied trad. Bern

Strophe

Gm D 1. Gm Ḋ 2. Gm Ḋ

1. 'S isch ä-be-n-e Mönch uf Är - de, Si-me-li-bärg. 'S isch Si-me-li-bärg. Und's

Refrain

D

5 Vre - ne - li ab em Gug - gis - berg und's Si - mes Hans Jog - ge - li

8 Gm F B♭ Cm

ä - net dem Berg. 'S isch ä - be-n - e Mönch uf Är - de, dass

11 Gm D Gm

i möcht bi-n - ihm si.

2. |: Und mah-n-er mir nid wärde, Simelibärg. :|
 Und's Vreneli ab em Guggisberg und's Simes Hans Joggeli änet dem Berg.
 Und mah-n-er mir nid wärde, vor Chummer stirbe-n-i.

3. Und stirbe-n-i vor Chummer, so leit me mi is Grab.

4. Dört unden in der Tiefi, da steit es Mühlirad.

5. Das mahled nüt als Liebi, die Nacht und auch den Tag.

6. Und's Mühlirad isch broche, und d'Liebi het es Änd.



ESG-DAY

CEVI  SCHWEIZ

Englische Version

IF EVER SONGTEXT

If ever there was a true love
Show me the way
If ever there was a true love
Show me the way

And never will I be saddened again
And never my heart cry out again
If ever there was a true love
That love has to find me someday

If my poor old heart is broken
Show me the way
If my poor old heart is broken
Show me the way

And never will I be saddened again
And never my heart cry out again
If my poor old heart is broken
I need you to mend it again

If winters are long and dreary
Show me the way
If winter's are long and dreary
Show me the way

And never will I be saddend again
And never my heart cry out again
If winters are long and dreary
I'm waiting for springtime to come

If I'm feeling sad and lonely
Show me the way
If I'm feeling sad and lonely
Show me the way

And never will I be saddened again
And never my heart cry out again
If I'm feeling sad and lonely
I need you to comfort my soul
If I'm feeling sad and lonely
I need you to comfort my soul



ESG-DAY

CEVI  SCHWEIZ

Part 4: Community Action

The community action is a special extra for the ESG-Day. This year we invite your group to build a funny, interesting, or maybe strange shape/sculpture with your potato.

Please take a photo of the shape/sculpture and (if it's possible) from your group and send it to dominic.kalt@cevi.ch till the 25th of November.

You can also send a Postcard:

Dominic Kalt
Grenzweg 15
5036 Oberentfelden
Switzerland

Or post it on Instagram and tag esgymca

The official hashtag is: #esgday2023

If you have question please send an email to dominic.kalt@cevi.ch

We hope, your group enjoys our program!