



# Explore Europe 2024!

Evening on a plate challenge pack



# Welcome!

Designed by our LaSER Interrailing Groups travelling to Europe next summer, this challenge pack has been made for all sections to encourage girls to develop their travel knowledge and independence skills.

You will find a slide relevant to each section with a suggested list of activities and instructions. You can pick and choose from any of the pages, these are just suggestions. Some units may complete all activities for a section, some may only complete a few, it's up to you how long you would like to spend on each activity.

If you have any feedback, please let us know. Have fun!

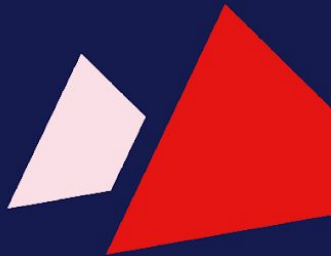
# Rainbows

## Evening on a plate ideas



1. Start with an introduction to the trip, including showing a map of Europe.
  - e.g. Ask the girls what they know about Interrailing, have any of them been interrailing before?
  
2. Bags & Equipment
  - Resources required: print the resource cards/ bring a pile of items from home
  - Can you rank the items from best to worst for a trip with your rainbow unit? Think about what you would need for the type of trip you are on - e.g. hiking trip/ beach trip/ camping trip? Can you think of anything missing that you would bring?
  
3. Postcards
  - Resources required: Pens/ Paper/ Card/ Travel magazines
  - Using the postcard template or asking the girls to make their own, can you write a postcard from an imaginary trip...you could be:
    - i. At Disneyland Paris
    - ii. Visiting Venice in Italy
    - iii. Eating Ice Cream on the beach in Spain

# Rainbows Resources



# Europe



Europe is the world's second smallest continent. It is bordered by the Arctic Ocean to the north, the Atlantic Ocean to the west and the Mediterranean Sea to the south.



Clothes



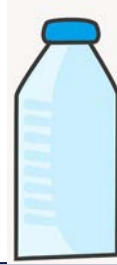
Waterproof Coat



Warm Coat



Water bottle



Tea bags



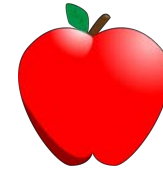
Mug



Hair bands



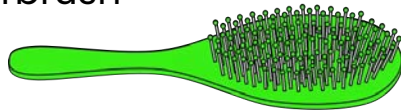
Healthy Snacks



Unhealthy Snacks



Hairbrush



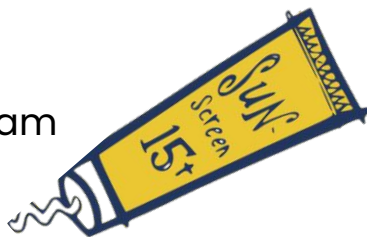
Sunhat



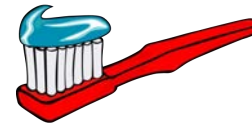
Sunglasses



Suncream



Toothbrush



Bobble Hat



Small cuddly toy



Big cuddly toy



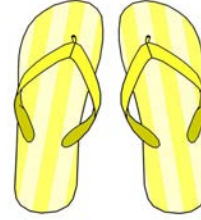
Underwear



Welly Boots



Flip Flops



Trainers



Passport



Book



Swimming Costume



First Aid Kit



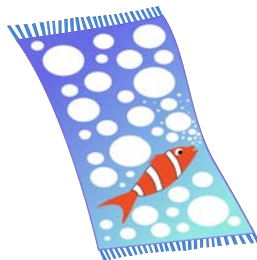
Pyjamas



Camera



Towel



If you print out this slide, cut out the template (along the dashed lines) and then fold it back on itself (like a card) you will have a postcard.

---

---

---

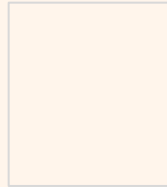
---

---

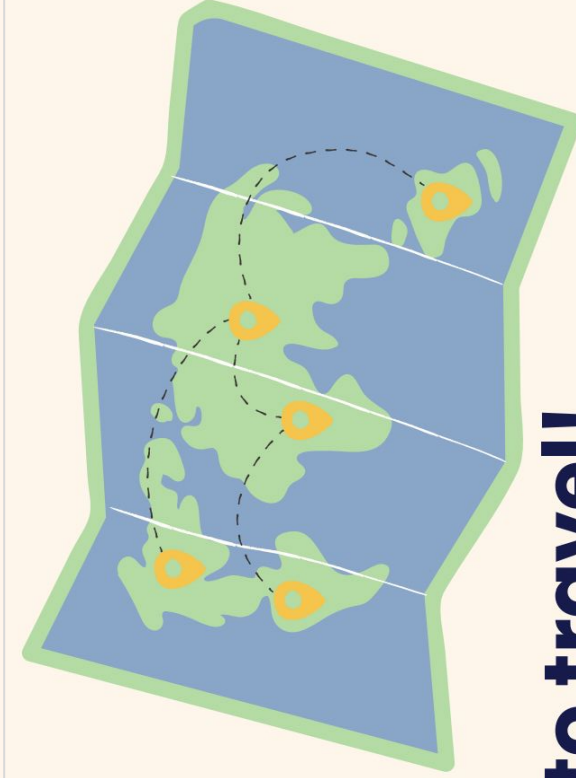
---

---

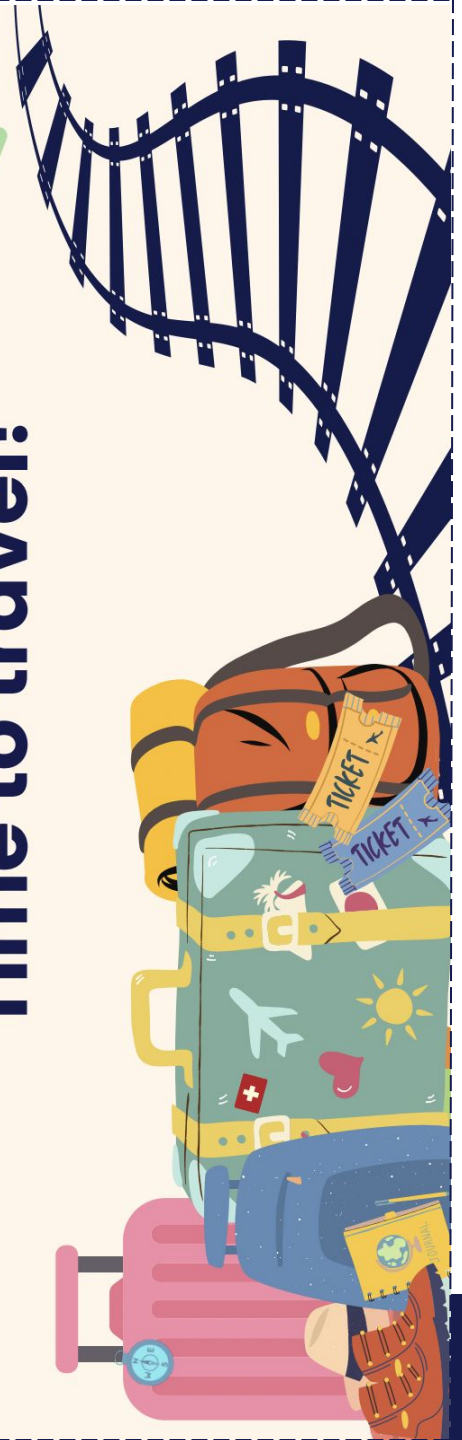
---



 **Girlguiding**  
London and  
South East England



**Time to travel!**



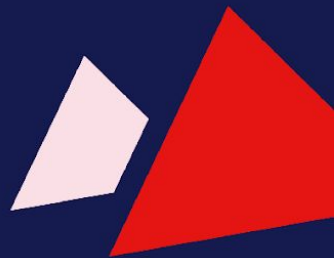


# Brownies

## Evening on a plate ideas

1. Start with an introduction to the trip, including showing a map of Europe.
  - e.g. Ask the girls what they know about Interrailing, have any of them been interrailing before?
2. Penny Toss Trip Builder
  - Resources required: Pennies/ Pens/ paper/ You may want to print the trip builder
  - Have a go using the penny toss trip builder/ make your own.
3. Packing List:
  - Resources required: print the resource cards/ pens/ paper
  - Using the cards can you write a list of everything you think you might need to take on an interrailing trip (you could write a list for the trip you got on your trip builder). What are the top 10 items?
4. Make your own Postcard
  - Resources Required: Pens/ Paper/ Card
  - Can you design your own postcard? On your postcard you could share:
    - i. Your favourite place
    - ii. Place you would most like to visit
    - iii. Activity you would most like to do in this place
    - iv. Memories from your favourite holiday

# Brownies Resources



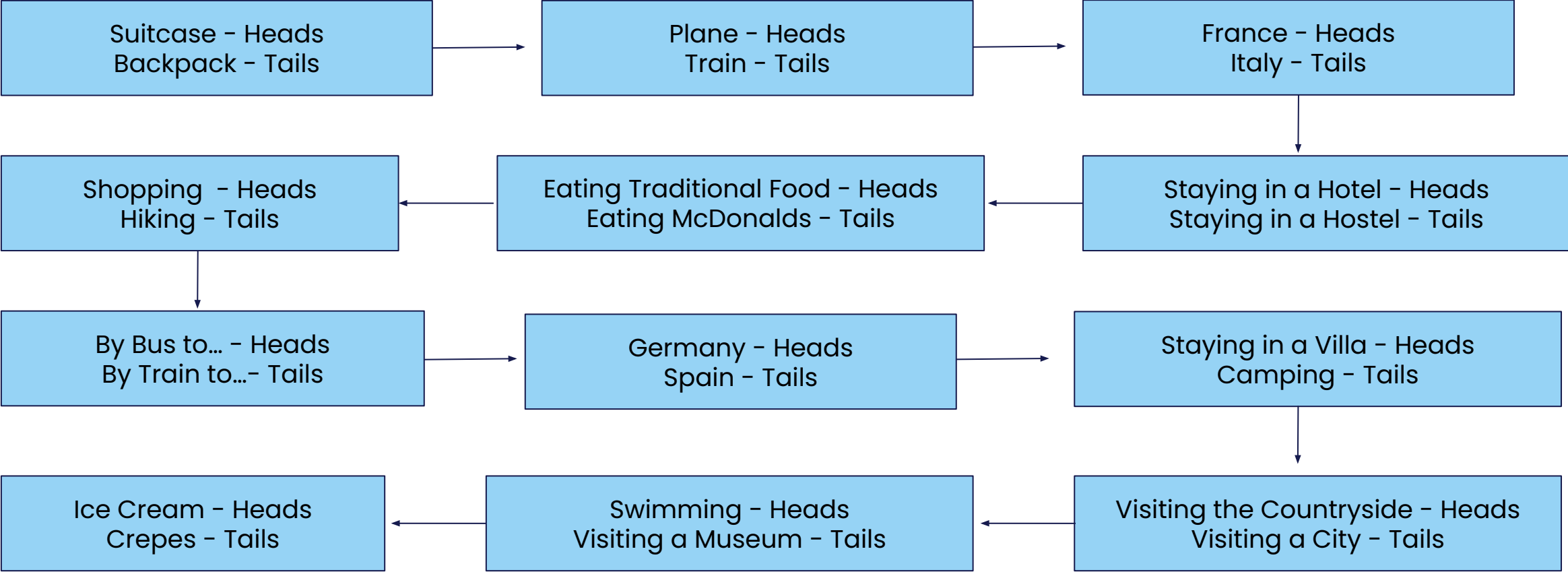
# Europe



Europe is the world's second smallest continent. It is bordered by the Arctic Ocean to the north, the Atlantic Ocean to the west and the Mediterranean Sea to the south.



# Penny Toss Trip Builder



Clothes



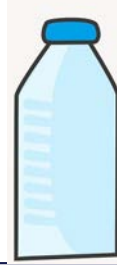
Waterproof Coat



Warm Coat



Water bottle



Tea bags



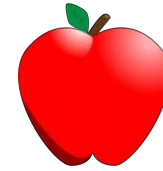
Mug



Hair bands



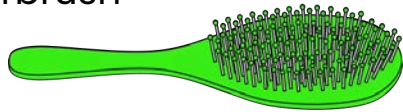
Healthy Snacks



Unhealthy Snacks



Hairbrush



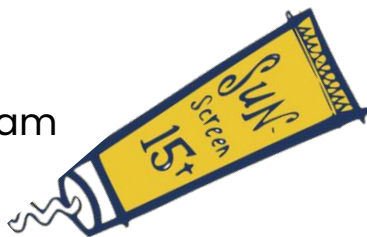
Sunhat



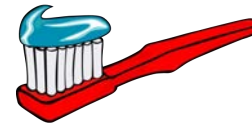
Sunglasses



Suncream



Toothbrush



Bobble Hat



Small cuddly toy



Big cuddly toy



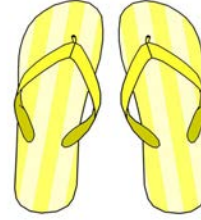
Underwear



Welly Boots



Flip Flops



Trainers



Passport



Book



Swimming Costume



First Aid Kit



Pyjamas



Camera



Towel



# Guides (Page 1 of 2)

## Evening on a plate ideas

1. Start with an introduction to Interrailing
  - a. What do girls know about Interrailing, have any of them been interrailing before?
  
2. Blank Map of Europe Challenge
  - a. Using the blank map provided, how many countries can girls fill in on the map?
  - b. You could compete in teams for points.
  
3. Waterproofing
  - a. Resources required: Pair of socks/ piece of paper towel per group. Items to use to waterproof: Cling film, plastic bags, sellotape, foil, tupperware boxes, cardboard etc..., We recommend testing out items in a washing up bowl/ sink.
  - b. Using the resources provided to you by your leaders, can you waterproof your socks/ paper towel.
  - c. Leaders: you may want to limit the amount of materials each group is allowed/ set a time limit.
  
4. First Aid Kits
  - a. Have a think about what would you need in your first aid kit if you were travelling? What would you need for different scenarios (hiking trip/ hot country/ cooler country), what is essential in a basic first aid?
  - b. Hint Cards in resources

# Guides (Page 2 of 2)

## Evening on a plate ideas

### 5. Packing List

- a. Can you make a packing list of everything you would need for an interrrailing trip? What would you change if you were visiting a hot country/ a cooler country/ going hiking/ doing water activities?

### 6. Design your dream Interrailing Trip

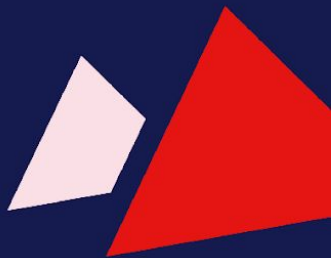
- a. Resources Required: Pens/ Paper/ Travel Magazines/ Access to Internet
- b. Using the Europe and Rail Map can you come up with a 2 week plan for an interrail trip with your Guide Group?
- c. Can you make a poster/ vision board and present this back to your unit/ leaders?
  - i. Would you fly to a country to start and get the train to different countries?
  - ii. Which countries would you like to visit?
  - iii. Which activities would you like to do?
  - iv. What type of food would you like to eat?

### 7. Dragons Den:

- a. Ask the girls to make/ draw a souvenir/ postcard for their local area.
- b. What would they sell and where would they sell it? E.g. Brighton – seagull model/ ice cream key ring. London – Red Bus/ Scones.
- c. How much does it cost to make and how much will you sell it for?
- d. Get the girls to present this to the Dragons (Leaders) and question them.

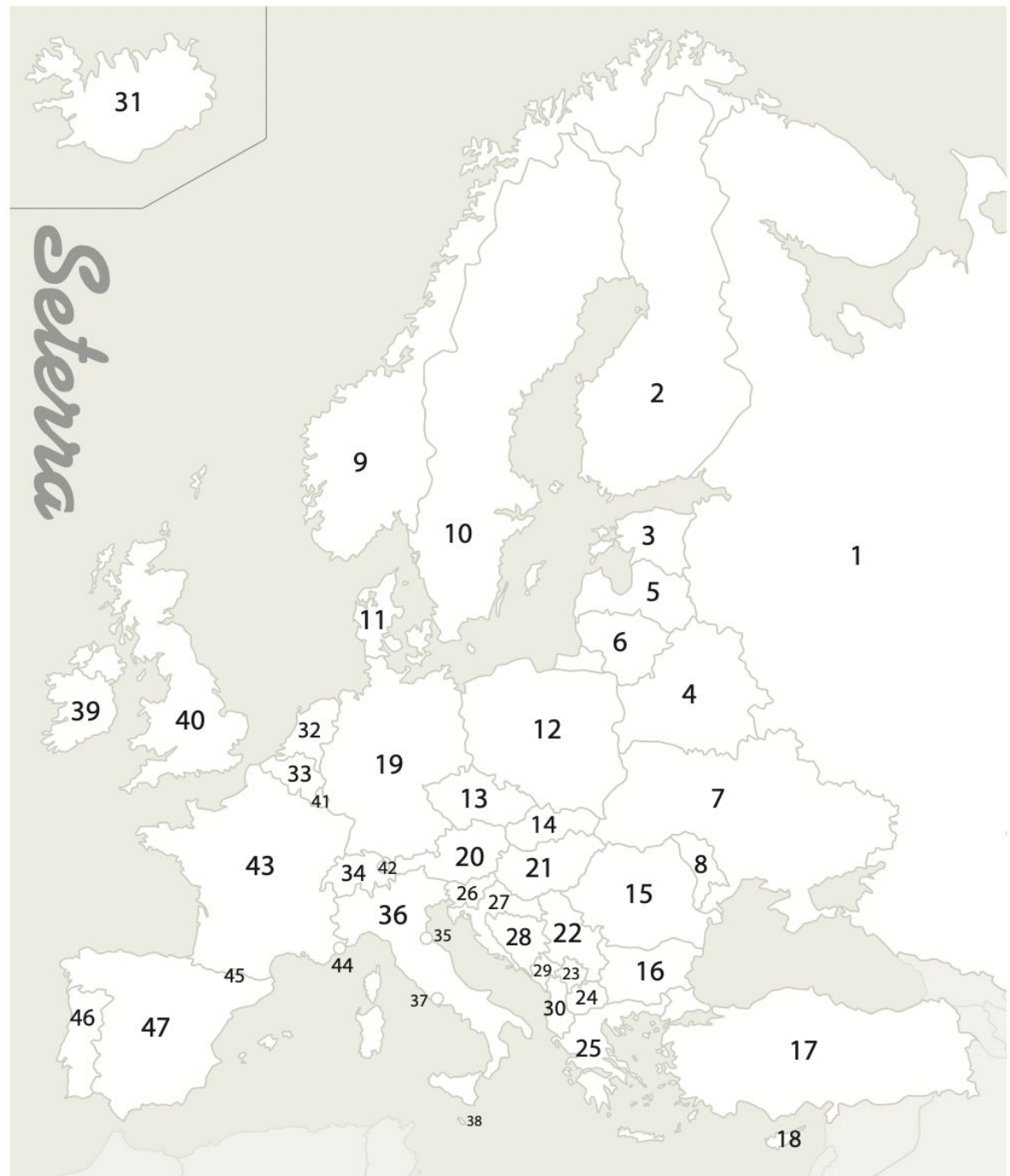


# Guides Resources



# EUROPE | COUNTRIES

- |          |          |
|----------|----------|
| 1 _____  | 25 _____ |
| 2 _____  | 26 _____ |
| 3 _____  | 27 _____ |
| 4 _____  | 28 _____ |
| 5 _____  | 29 _____ |
| 6 _____  | 30 _____ |
| 7 _____  | 31 _____ |
| 8 _____  | 32 _____ |
| 9 _____  | 33 _____ |
| 10 _____ | 34 _____ |
| 11 _____ | 35 _____ |
| 12 _____ | 36 _____ |
| 13 _____ | 37 _____ |
| 14 _____ | 38 _____ |
| 15 _____ | 39 _____ |
| 16 _____ | 40 _____ |
| 17 _____ | 41 _____ |
| 18 _____ | 42 _____ |
| 19 _____ | 43 _____ |
| 20 _____ | 44 _____ |
| 21 _____ | 45 _____ |
| 22 _____ | 46 _____ |
| 23 _____ | 47 _____ |
| 24 _____ |          |



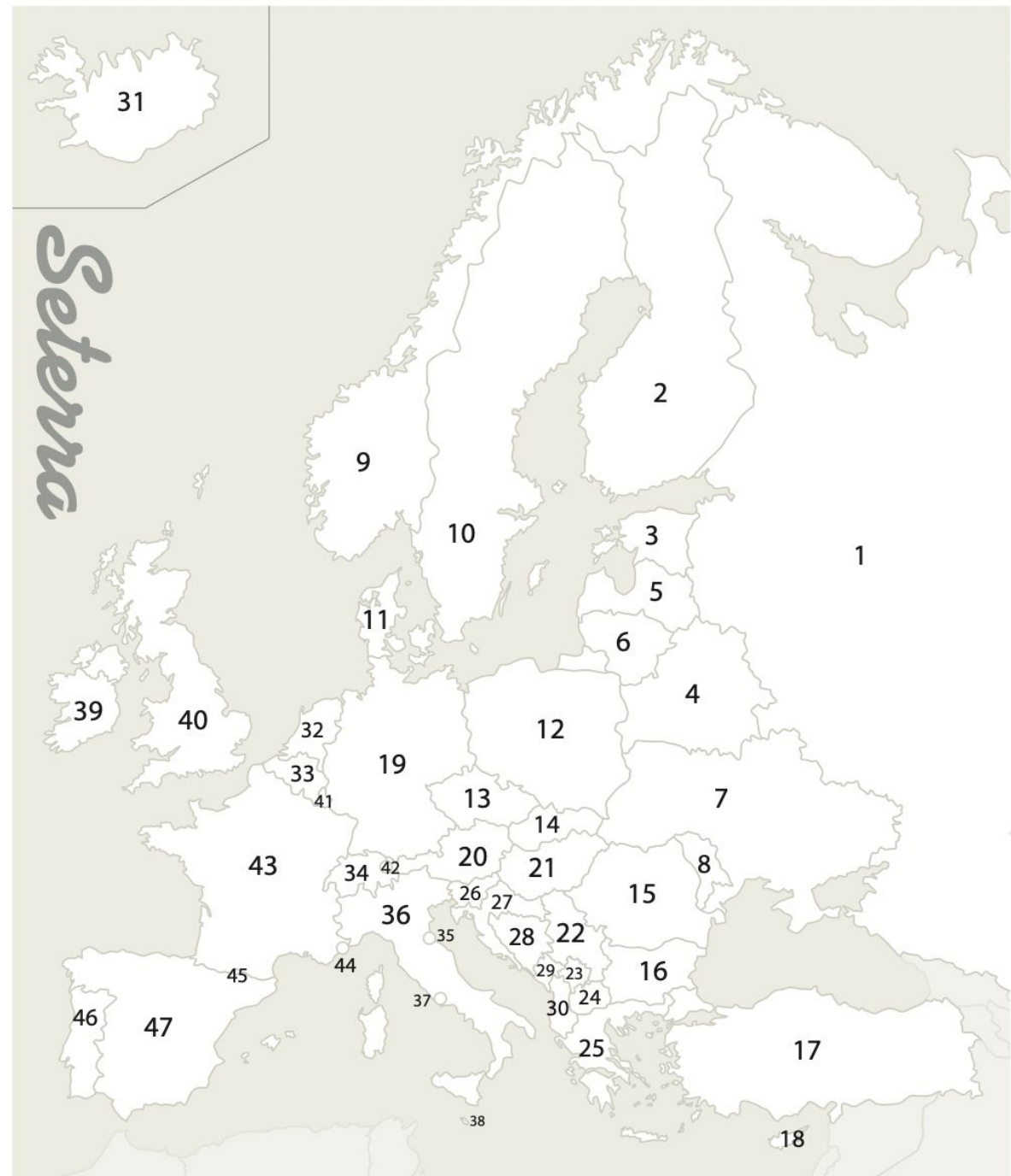
Visit our site online [seterra.com/en](https://www.seterra.com/en) for more map quizzes.

# ANSWERS

[ANSWERS PDF](#)

## EUROPE | COUNTRIES

- |              |                           |
|--------------|---------------------------|
| 1 Russia     | 25 Greece                 |
| 2 Finland    | 26 Slovenia               |
| 3 Estonia    | 27 Croatia                |
| 4 Belarus    | 28 Bosnia and Herzegovina |
| 5 Latvia     | 29 Montenegro             |
| 6 Lithuania  | 30 Albania                |
| 7 Ukraine    | 31 Iceland                |
| 8 Moldova    | 32 Netherlands            |
| 9 Norway     | 33 Belgium                |
| 10 Sweden    | 34 Switzerland            |
| 11 Denmark   | 35 San Marino             |
| 12 Poland    | 36 Italy                  |
| 13 Czechia   | 37 Vatican City           |
| 14 Slovakia  | 38 Malta                  |
| 15 Romania   | 39 Ireland                |
| 16 Bulgaria  | 40 United Kingdom         |
| 17 Turkey    | 41 Luxembourg             |
| 18 Cyprus    | 42 Liechtenstein          |
| 19 Germany   | 43 France                 |
| 20 Austria   | 44 Monaco                 |
| 21 Hungary   | 45 Andorra                |
| 22 Serbia    | 46 Portugal               |
| 23 Kosovo    | 47 Spain                  |
| 24 Macedonia |                           |



Visit our site online [seterra.com/en](https://www.seterra.com/en) for more map quizzes.

# First Aid Kits – ideas

## Basic first-aid items

No travel emergency kit is complete without these basics:

- **Antibacterial wipes:** Wipes that kill germs can be helpful for cleaning tools and hands.
- **Hand sanitizer:** “Before touching any cuts or scrapes, use hand sanitizer that contains at least 60% alcohol,” Dr. Vyas instructs.
- **Instant cold pack:** These disposable packs turn cold quickly to relieve bumps, bruises and minor burns.
- **Pain reliever:** Acetaminophen or ibuprofen is helpful for headaches or sprains. Include a children’s formula if you have kids.
- **Scissors:** You might need this tool to cut gauze, bandages or open medication packages – but if you’re flying, be sure to pack them in your checked luggage, rather than your carry-on.
- **Self-adhesive wrap:** Wrap up sore knees, ankles or other injuries with self-adhesive wrap, which doesn’t require pins or other tools.
- **Thermometer:** Check for a fever with a reliable thermometer, and clean it with an antibacterial wipe when you’re done.
- **Tweezers:** “They’re the essential tool for removing [bee stingers](#), splinters and ticks,” Dr. Vyas says.

## Essentials for skin problems

Throw these things in your travel emergency kit to take care of skin mishaps:

- **Aloe vera gel:** This multi-tasker is great for [sunburns](#) and irritated skin.
- **Antibiotic ointment:** Apply antibiotic ointment before sticking on a bandage.
- **Antiseptic:** “An antiseptic in the form of a spray or wipes is perfect for cleaning dirt and germs from minor cuts and scrapes,” Dr. Vyas says.
- **Bandages:** Include small, medium and large sizes.
- **Calamine lotion:** This can relieve [poison ivy](#), hives and other itchy conditions.
- **Gauze:** Keep gauze pads and a roll of gauze for bigger injuries that need more than a bandage.
- **Medical tape:** You’ll need medical tape to attach gauze to the skin.

# Continued – taken from: [Travel First Aid Kit](#)

## First aid for respiratory problems

Sniffles, sneezes and coughs are a bummer when you're traveling. Pack these medications to help you feel better:

- **Antihistamines:** Loratadine or diphenhydramine can be helpful for [seasonal allergies](#).
- **Cold relief medication:** Bring daytime and nighttime formulas to help with a stuffy nose, cough and headache.
- **Cough suppressant:** This can help you stop hacking and get some much-needed rest.
- **Saline nasal spray:** Gently clean out your nostrils for some relief from allergies and congestion.

## Medicine for stomach trouble when traveling

No one likes an [upset stomach](#) – and it's even worse when you're away from home. Be ready for digestive troubles with these items:

- **Antacids:** These will tackle [heartburn](#) or mild indigestion.
- **Anti-diarrhea medication:** "Diarrhea remedies are a quick fix if you get traveler's diarrhea," Dr. Vyas says. "If you're traveling to an area where diarrhea is common, ask your doctor about a prescription antibiotic to treat it."
- **Laxatives or stool softeners:** These are helpful if you're really bound up, but be careful – they can cause diarrhea or painful cramps.
- **Motion sickness medication:** Even if you're not prone to [motion sickness](#), keep a few tablets in your kit just in case. Be aware that some can cause drowsiness.

# Europe Rail Map

[Interrail EU 1-3 Weeks in Europe](#)



# Europe



Europe is the world's second smallest continent. It is bordered by the Arctic Ocean to the north, the Atlantic Ocean to the west and the Mediterranean Sea to the south.



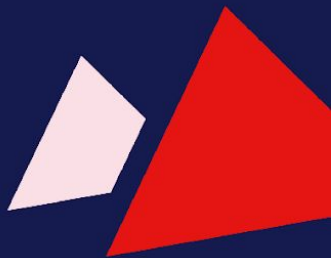
# Rangers

## Evening on a plate ideas

1. Waterproofing
  - a. Resources required: Pair of socks/ piece of paper towel per group. Items to use to waterproof: Cling film, plastic bags, sellotape, foil, tupperware boxes, cardboard etc..., We recommend testing out items in a washing up bowl/ sink.
  - b. Using the resources provided to you by your leaders, can you waterproof your socks/ paper towel.
  - c. Leaders: you may want to limit the amount of materials each group is allowed/ set a time limit.
2. Blank Map of Europe Challenge
  - a. Using the blank map provided, how many countries can girls fill in on the map?
  - b. You could compete in teams for points/ Bonus points for cities!
3. First Aid Kits
  - a. Have a think about what would you need in your first aid kit if you were travelling? What would you need for different scenarios (hiking trip/ hot country/ cooler country), what is essential in a basic first aid?
4. Design your dream Interrailing Trip
  - a. Resources Required: Pens/ Paper/ Travel Magazines/ Access to Internet
  - b. Can you come up with a 2 week plan for an interrail trip with your Ranger Unit?
  - c. Can you make a poster/ vision board and present this back to your unit/ leaders?
  - d. Rangers: Prompts in resource pack
  - e. Leaders: Questions to ask Rangers

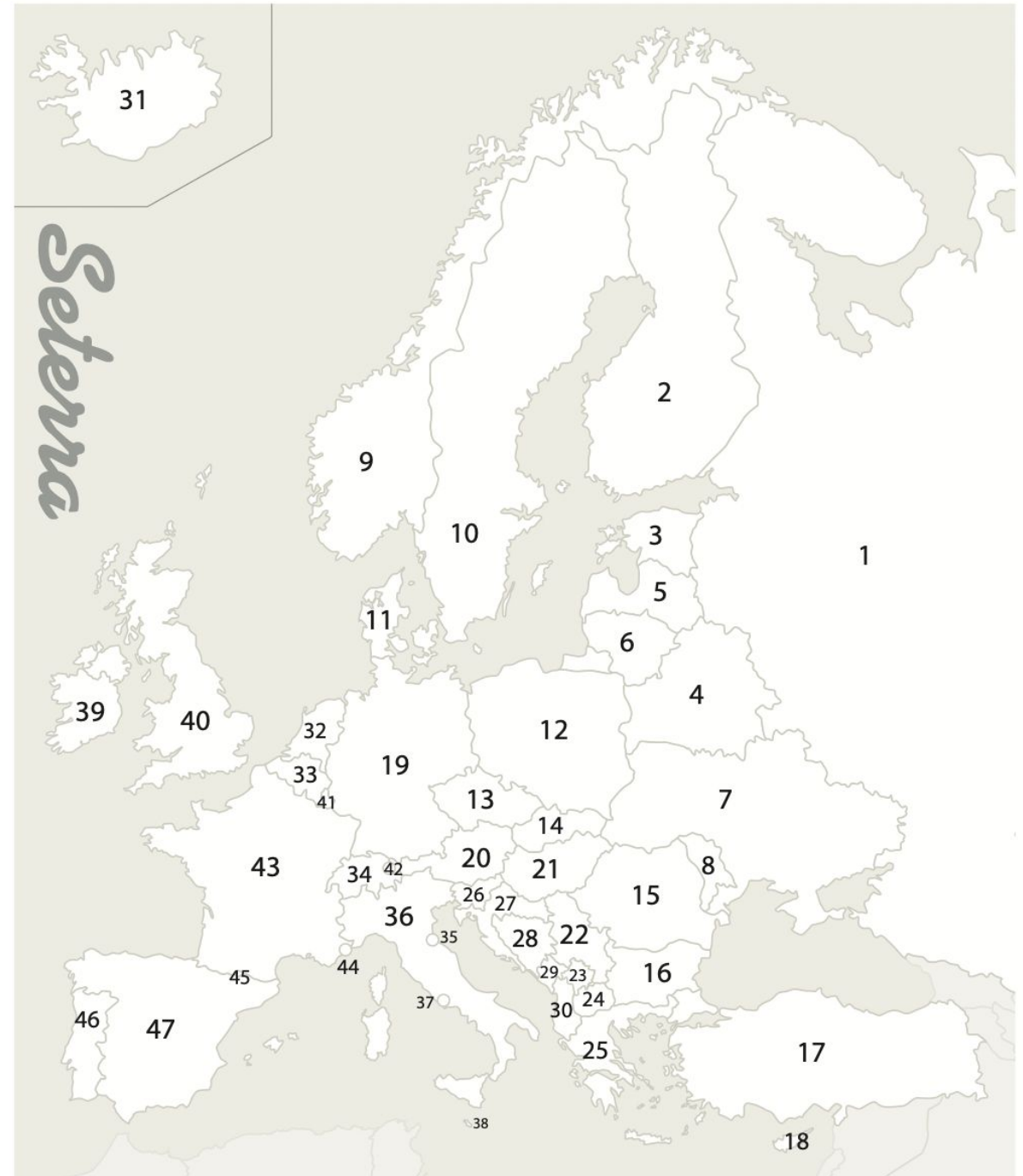


# Rangers Resources



# EUROPE | COUNTRIES

- |          |          |
|----------|----------|
| 1 _____  | 25 _____ |
| 2 _____  | 26 _____ |
| 3 _____  | 27 _____ |
| 4 _____  | 28 _____ |
| 5 _____  | 29 _____ |
| 6 _____  | 30 _____ |
| 7 _____  | 31 _____ |
| 8 _____  | 32 _____ |
| 9 _____  | 33 _____ |
| 10 _____ | 34 _____ |
| 11 _____ | 35 _____ |
| 12 _____ | 36 _____ |
| 13 _____ | 37 _____ |
| 14 _____ | 38 _____ |
| 15 _____ | 39 _____ |
| 16 _____ | 40 _____ |
| 17 _____ | 41 _____ |
| 18 _____ | 42 _____ |
| 19 _____ | 43 _____ |
| 20 _____ | 44 _____ |
| 21 _____ | 45 _____ |
| 22 _____ | 46 _____ |
| 23 _____ | 47 _____ |
| 24 _____ |          |



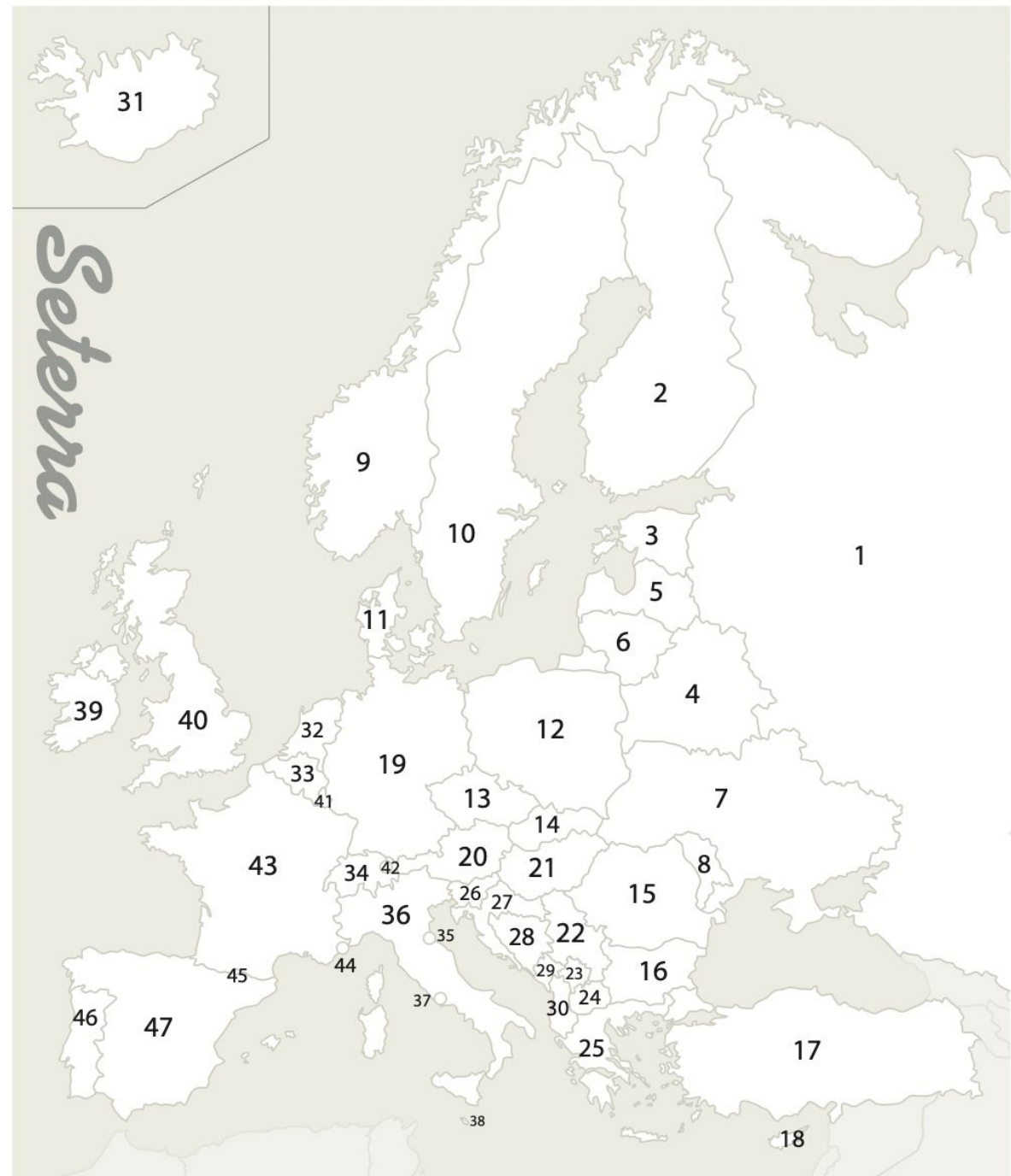
Visit our site online [seterra.com/en](http://seterra.com/en) for more map quizzes.

# ANSWERS

[ANSWERS PDF](#)

## EUROPE | COUNTRIES

- |              |                           |
|--------------|---------------------------|
| 1 Russia     | 25 Greece                 |
| 2 Finland    | 26 Slovenia               |
| 3 Estonia    | 27 Croatia                |
| 4 Belarus    | 28 Bosnia and Herzegovina |
| 5 Latvia     | 29 Montenegro             |
| 6 Lithuania  | 30 Albania                |
| 7 Ukraine    | 31 Iceland                |
| 8 Moldova    | 32 Netherlands            |
| 9 Norway     | 33 Belgium                |
| 10 Sweden    | 34 Switzerland            |
| 11 Denmark   | 35 San Marino             |
| 12 Poland    | 36 Italy                  |
| 13 Czechia   | 37 Vatican City           |
| 14 Slovakia  | 38 Malta                  |
| 15 Romania   | 39 Ireland                |
| 16 Bulgaria  | 40 United Kingdom         |
| 17 Turkey    | 41 Luxembourg             |
| 18 Cyprus    | 42 Liechtenstein          |
| 19 Germany   | 43 France                 |
| 20 Austria   | 44 Monaco                 |
| 21 Hungary   | 45 Andorra                |
| 22 Serbia    | 46 Portugal               |
| 23 Kosovo    | 47 Spain                  |
| 24 Macedonia |                           |



Visit our site online [seterra.com/en](https://www.seterra.com/en) for more map quizzes.

# Dream Interrail Trip

## Prompts for Rangers

- Modes of Transport
- Countries you would visit
- Activities you would like to do
- Food you would like to eat
- Accommodation
- Kit List
- What role would everyone in your team play?
- Risks of your trip

### Websites you can use:

- Interrail EU
- Interrail Planner
- Thegirlonthemove.com



# Dream Interrail Trip - Questions for Leaders

- a. What are the risks of the activities/ trip you have planned?
- b. What would you do if someone lost their passport?
- c. How would you raise the money to go on this trip?
- d. How would you compromise to ensure everyone on the trip got to do everything they wanted to?
- e. Had you considered travel insurance?
- f. What are your wants and needs in an accommodation?

**Thank you for  
supporting us,  
we hope you  
have fun!**

