



FURAHA CAMP CURRICULUM

1. Interactive questions between the reader and the campers after watching documentaries

a) Questions on Human Dignity and Introduction to WYA

- From the above video what have you understood about human dignity?
- Why should everyone have human dignity?
- Why should everyone be respected?
- What's the importance of Human Dignity?
- What are the **three** key issues that brought about the formation of WYA?
- Who founded WYA?
- Who are the two famous World leaders mentioned in the documentary?
- What do you think WYA does?

Excerpt to be read here is- [The third and fourth paragraph of Human dignity and Totalitarianism, The Pink Flyer and Chapter two: Mahatma Gandhi, Devotion To Truth and Member's Corner: "A Quest for human Dignity](#)

<https://www.youtube.com/watch?v=9gYbx5fhZ8&list=PLCCDB4B2AC07671F9><https://www.youtube.com/watch?v=9-gYbx5fhZ8&list=PLCCDB4B2AC07671F9> _Intro to human dignity and World Youth Alliance

b) WYA believes that human dignity brings about Human Rights (Fact, believe and stand)

- What do you think of the above Statement (human dignity brings about human rights)?
- Who is a human being?
- How do you believe you should be treated?
- Do you think you have any rights?
- What do you understand by the term human rights?
- What is the importance of human rights?
- Are human rights universal?
- What is the name of the document that contains all the compilation of all human rights in the world? (UDHR)
- Who freed the slaves and said that everyone has the right to choose their religion before human rights came to be? (Cyrus the Great 539 B.C after conquering Babylon)
- Where were the first human rights written before the Christ Era? (In a cylindrical clay tablet- The Cyrus Cylinder)
- Which document recognized the people's' rights that also stated that no one in authority even the king cannot trample over it? (The Magna Carter Document of 1215 A.D)
- Who fought for the rights of the Indians? (Mahatma Gandhi)
- What did he insist upon? (All people in the world had equal rights and not just those in Europe)
- Who killed half of the Jewish Population and he is also known as a vigorous dictator in Europe? (Adolf Hitler)
- After the two World Wars which organization was formed? (The UN)
<https://www.youtube.com/watch?v=oh3BbLk5UIQ> _ Human Rights

c) Questions on Freedom

- When you hear the term freedom, what is the first thing that pops in your mind?
- Do you believe you free?
- From the answers, views and opinions given above you can ask, What is freedom?

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- Who fought for South Africa's freedom?
- Which party did Mandela form? (ANC)
- Where and when was Nelson Mandela imprisoned? (Rhode Island in 1954)
- What was Mandela's sign for freedom? (a raised fist hand)

Excerpt to be read here: [George Weigel, Two Ideas of Freedom and Member's Corner: Freedom and Liberty](#)

https://www.youtube.com/watch?v=nKm_wA-WdI4 _Freedom

d) Questions on Solidarity

- What do you think solidarity means?
- What do you think is the importance of solidarity from the documentary above?
- Mandela brought unity between which two groups of people?
- Is Kenya a solidarity country? (If the answer is yes, they expound, and if the answer is no...then Why? then proceed with the question below)
- What do you think should be done to achieve solidarity in the country?

Excerpt to be read here: [H.H. The Dalai Lama, Our Global Family, Mahatma Gandhi, Satyagraha: Not Passive Resistance and WYA declaration on solidarity](#)

<https://www.youtube.com/watch?v=m6Eq4eoDvB8> _ Solidarity

e) Questions on culture

- What is culture?
- Is culture important?
- From which culture are you from?
- What is unique in your culture?
- Is your culture easily identifiable?

Excerpts to be read here: [Paul Johnson, Rules and Ravages of Ideological Art and Christophers Dawson: Dynamics of World History](#)

<https://www.youtube.com/watch?v=bQNVJdzEIAc> & <https://www.youtube.com/watch?v=zM3LXzJYHEI> _ culture

My suggested Movies,

- ✓ Life is beautiful (1997) Directed by Roberto Begnini
Rating: PG-13
- ✓ Buena Vista Social Club (1999) Directed by Wim Wenders
Rating: G
- ✓ Babette's Feast (1987) Directed by Gabriel Axel
Rating: G
- ✓ Mad Hot Ballroom (2005) Directed by Marily Agrelo
Rating: PG

WYAA FURAHA CAMP 2019 CTIVITIES

ALL ACTIVITIES

***Kindly fill in what is in the schedule as this will form the core activities? or would it be repetitive, we just stick with the schedule as the main guide and remove this section?**

A. Icebreaker games – Focus: Getting to know the other camps

1. Chairs game

All kids are sitting on chairs in a circle except the person in the middle of the circle – he/she has to say something that he/she has never done before.

(Example: I have never eaten kangaroo meat before, I have never been to Europe or I have never told a lie)

Everybody who also hasn't done it needs to stand up and changes the place with another person who stands up.

At the end, the person who couldn't find a place has to stand in the middle. And so the game continues.

Material: chairs

2. Three Guesses

One person is chosen to be first. The person stands up so that everybody can see him/her entirely, turning slowly so that the whole group can see everything that person is wearing. (Turn in modelling fashion)

That person then leaves the group after about 30 seconds and hide behind something, so that the group can't see him/her, he/she then changes three things he/she is wearing.

Example: watch on a different hand, ring on different finger, shirt upside down, etc. Then they go back into the group and the group has to try and find what has been changed. After 3 things have been guessed, the group picks another person to go through the whole procedure again.

Variation: Each person chooses a partner and faces him. Alternately, each person has to observe its partner for one minute. After one minute the partner will change one thing about its appearance, i.e. ring, crossed legs etc. while the other person closes their eyes. The first person must then guess what item the second person changed. The rounds continue by exchanging roles.

Material: None

3. Do what I Say

For this game we need to determine one team leader

The team leader calls: "Patrick says" (e.g. jump).

Everybody has to do what Patrick does and not what he says until Patrick gives a new order.

For example: "Patrick says Touch your head, but touches his Stomach ". Everybody has to touch their stomach... and so on.

The instructions should be given really fast, so that you hardly have time to think about it.

Material: None

4. Paper hiding

Split the kids in 3-4 groups.

Every group hides little folded pieces of paper in the garden, the house or the surrounding area. On every piece there will be written a hint where they can find the next piece of paper and so on... (They don't want to be seen, while they hide their papers)

To summarize: every group should hide like 10 pieces of paper.

The group that first finds the piece of paper with the number 10 on it will receive the prize.

Material:

- Paper
- A prize (like sweets)

5. Balloons

Blow up balloons, one for every person in the group. One balloon is a different colour than all the others. Everyone stands in a circle and holds a balloon. When the leader says go, everyone in the group passes the balloon to the person next to them as fast as possible. After one minute the leader says stop and you count how far along the circle the balloon of a different colour has gone. Note: if you drop the balloon, you can't just grab the next one and keep going. You must pass that balloon before can pass the next one.

The leader should challenge the group to get faster and faster with specific goals. This activity is designed to get participants to think creatively, so encourage them to try sitting on the floor, sitting in two rows, developing a pace, so that they work as a team to get faster and faster.

Material:

- Balloons (different colours)

6. Statements

Participants stand in a circle with one person in the middle. That person makes a statement about himself or herself such as "I like sushi." Everyone else in the circle that also likes sushi must then run into the centre of the circle and find a new place to stand (they cannot switch places with the person next to them, however).

The person in the middle also tries to take someone's spot. One person will be left without a place to stand

and they begin the game over again with a new statement.

Material:

- None

B. African Cultural Activity: African storytelling

The Igbo people have a particular kind of call-and-response storytelling. Participants would read parts of Chinua Achebe's retelling of Igbo stories and listen/ watch examples of call-and-response storytelling. They would then either present a call-and-response telling of the following story (translated into English in the following book) or tell their own call and response story.

When Roots Die:

http://books.google.com/books?id=3bfeHRh_eM0C&pg=PA118&lpg=PA118&dq=nnabe+and+chineke+victor+ihejeto+h&source=bl&ots=PVUbesWxst&sig=IfihWQnsLealQIMzu9nRVz96IaU&hl=en&ei=ZbsgTPHplsK78gbl8tR9&sa=X&oi=book_result&ct=result&resnum=1&ved=OCBIQ6AEwAA#v=onepage&q=nnabe%20and%20chineke%20victor%20ihejeto&f=false

Material:

- Recording, projector if possible
- Number of participants: All, split in groups of 8 for call and response?
- Duration: one hour

C. Arts and Craft Africa: Origami

Butterfly Origami

Start with a 6 by 6-inch piece of paper

Then fold along the diagonal to give a triangle. Next fold the triangle in half to make a smaller triangle.

Then fold one corner upwards to make the first butterfly wing

Then fold the second wing upwards

Now open the butterfly out as shown and gently pressing up and down on the body of the butterfly as shown below the wings will flap up and down.

Boat Origami

Start with a square piece of paper, then fold along the diagonal to give a triangle

Now fold one corner of the triangle upwards as shown then unfold again to form a crease line

Take that bottom corner and bring it upwards between the sides of the boat as shown.

Now the pointed top of the boat cabin is flattened you can do this by cutting or tearing off the top gamma.

Origami fan

8 inch by 15 inch fold about 1cm of the paper up from the bottom

Flip paper over and fold about 1 cm of the paper again making sure that the edges line up at the bottom.

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Repeat the last 2 steps over and over till there is no more paper.

Origami cup

Start with 6inch by 6 inch then fold along the diagonal to give a triangle.

Now fold one corner of the triangle upwards to meet to opposite side.

The angle there should be about 90 degrees.

new fold one of the top corners.

Downward then flip the piece over and fold the corner labeled A up flip piece again over again new fold the other top corner on the backs.

Now just use your finger to pan up your origami

Origami fortune teller

Make two folds one along the horizontal axis following the dotted lines crease well and fold center

Make another 2 folds this time along the diagonal axis crease well and fold

starting with the bottom right side fold paper to meet the center point repeat for the other 3 corners.

Flip paper over write fortune on each side fold both tips.

Material:

- Paper
- Hands

D. African Dance Night

Participants will learn various African dances. (I can show the step to whoever is in charge of this activity).

- Pata-Pata (South African):

Link to music: <http://www.youtube.com/watch?v=PqJ7jJTfLR8>

I can't find a sample of the dance steps that I am familiar with online, but they are simple and have worked well for a basic dance in a group setting in the past.

- Kpanlogo (Ghana):

Sample videos:

<http://www.youtube.com/watch?v=7BSUHULcy4Q>

<http://www.youtube.com/watch?v=3Bh9UiEpcf8>

Extra time: Participants will learn freestyle steps and can freestyle to the music, or I can find one or two additional simple dances to teach.

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Material:

- CD Player or speakers, music found online or purchased through I-tunes
- Projector to show samples of dance
- Duration: two hours

A. Cultural Activity

- 1.Stories-Participants can tell ancient stories of their different cultures example origin of their communities
- 2.Games-They can try coming up with games which were played by members of their different communities.
- 3.Song-Singing songs composed in ones community by the participants.

Territories: Players are divided evenly into two teams. Each team has its own territory with a boundary designated between the two.

A jail area is designated for each territory as well. This can be as simple as a rock or tree that a prisoner has to touch while in jail.

Placing the flag: Another decision that must be made is how large the designated safety zone around the flag should be. When the game begins, each team must decide where to place its flag. Once placed, it cannot be moved, although it can be guarded. Those guarding their own flag may not enter the safety zone around the flag unless in pursuit of an opposing team member.

Playing: Once the flag is placed, team members are assigned to guard their own flag or to enter enemy territory to try to capture the other team's flag.

Catching players: Any player in enemy territory can be caught and put in jail. A player is caught when a member of the opposite team tags them and says the word "Caught".

Releasing prisoners: Prisoners can be released by being tagged by a teammate, but only one prisoner can be rescued at a time.

Capturing the flag: A team wins the game by capturing the other team's flag and bearing it back to their home territory. If a flag is seized but is recaptured before reaching the opponent's' territory, the flag is set up where it was recaptured. If a game must be ended before a flag is captured, the team with the most prisoners wins.

Note: released prisoners cannot retrieve the flag while they are returning from jail.

Materials:

- Two flags (this can be as simple as two pieces of fabric, bandana, or t-shirts)
- A large field
- Eventually cones to mark off areas of the field

Ask every kid if they have ever been to a European country before. If yes, where?

1. Start to say the alphabet. The kids have to consider a European country for every letter 🗎 like "A as Austria", "B as Belgium"...

For a correct answer they receive a little chocolate.

Winner is, who received the most chocolates in the end.

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<ul style="list-style-type: none">● Austria● Belgium● Bulgaria● Cyprus● Czech Republic● Denmark● Estonia● Finland● France● Germany● Greece● Hungary● Ireland● Italy	<ul style="list-style-type: none">● Latvia● Lithuania●● Luxembourg● Malta● Netherlands● Poland● Portugal● România● Slovakia● Slovenia● Spain● Sweden● United-Kingdom
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1. Food Quiz

1. Which country made pizza popular?

- Norway
- France
- Belgium
- Italy (ok)

2. Which country is associated with “fish and chips”?

- Italy
- Portugal
- Greece
- England (ok)

3. Which country is known for Tusker beer?

- South Africa
- Uganda
- Kenya (ok)
- Tanzania

4. From which city/town are known for their birriani?

- Lamu (ok)
- Nairobi
- Lagos
- Switzerland

5. In which country do they enjoy bananas?

- Uganda (OK)

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- Scotland
- Somalia
- France

6. Guess how many people live in Africa

- 90 Million
- 300 Million
- 700 Million
- 1.111 Billion (OK)

7. Guess flags



South Africa



Belgium



Egypt



U.K

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Germany



Eritrea



Greece



Kenya

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Italy



Uganda



Netherlands



USA

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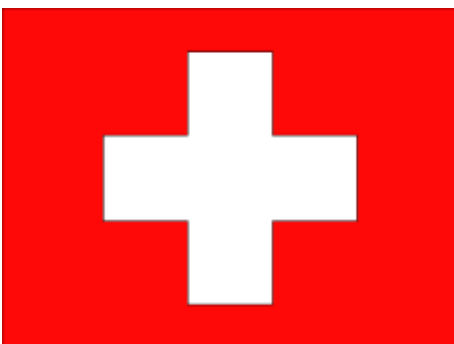
Tanzania



France



Burundi



Switzerland

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Spain



Austria



Congo



Finland

8. How big is Africa?

- 11.67 million square miles (OK)
- 20.54 million square miles
- 2 million square miles
- 9.89 million square miles

9. Which is the largest city of Africa by number of inhabitants? (Suburbs included)

- Kinshasa (6 million)
- Alexandria (6 million)
- Lagos (8 million) (OK)
- Cairo (3 million)

10. Where is the largest university in Africa located?

- South Africa
- Kenya
- Egypt
- Nigeria (OK)

11. How many people died in World War II?

- 5 Mio people
- 30 Mio people
- 60 Mio people (Ok: which was 2.5 % of the worlds population)

12. Which is the smallest state in Africa?

- Mauritius
- South Sudan
- Seychelles (OK)
- Madagascar

CAMPING GET TOGETHER ACTIVITIES AND GAMES

A. Campfire Material:

- Songs
- Instruments
- Stories
- Jokes
- Games

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- Mysteries

A. Sports Tournament Contd.

FOOTBALL

Divide campers into groups/teams. Play Soccer game 30 - 40 minute game

Material:

- Coloured shirts to separate teams
- Small goals
- Whistle
- Soccer ball

BASKETBALL

Divide campers into groups of two with 5 people on each start up team for a 48 Minute game

Material:

- Colored shirts to separate each team
- Basketball hoop
- Basketball
- Whistle
- Score Board

TAG OF WAR

Material:

- Coloured shirts to separate teams into two
- A strong nylon rope
- A distinct divide line

SKIPPING

Two people on the ends of the ropes rotating the rope as the other participants skip in and out. The person to be caught by the rope whilst skipping is eliminated from the game.

Material:

- A long sisal rope

Other Activities

Zumba Class

Involves Dance and aerobic movements created for fitness. The instructor directs the team using music to work out.

Materials:

- Zumba music

Salsa class

Similar to zumba and is created for fitness and leisure skill.

Material:

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- Salsa Music and Dance instructor

B) BOARD GAMES

They are to be played for leisure or brainstorming activities.

Ø Chess

Ø Scrabble

Ø Animal Kingdom

Ø Cards