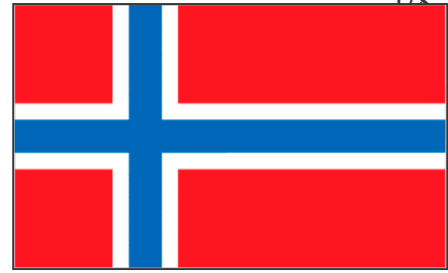


ESG Day, 7th November – Norway



This year it was Norway's turn to arrange the ESG Day. I have picked out some activities that you could use in your youth group, and I hope you like them. It might differ from group to group in the time you have available, but there should be some to choose between so you can form your own meeting.

At first there are some short facts about Norway, and if you are interested for more information you can take a look at:

www.cia.gov

www.visitnorway.com

I have made a short unserious quiz about Norway, and the correct answer is marked with a cross behind. You can divide your group in teams and they will see who gets the best score.

When it comes to the Norwegian songs there are two who could be sung, and that is the two last. The two first songs are the national anthem (which has a link to youtube with those two verses) and the Norwegian scouting prayer.

There are three games included, some more violent than others. If you got time you could try to play all.

There are also three Norwegian dishes to choose between. Potetball is the most time-consuming, so consider this when you are going to have your meeting. The two last are two desserts, so if you got the time you could make Potetball and one of those.

I have also included three Norwegian paintings, and it could be funny to try and re-paint them. You can google it if you need a bigger version. Maybe some of you want to send me the painting by mail? I would also like to have a postcard from your group, and if you have some pictures of your meeting you can send them as well.

I hope you like the program, and I hope to get some feedback from you. Keep up the good work and enjoy the ESG Day.

Best wishes,
Endre Vik Nordbrønd, Norwegian ESG member

[Short facts about Norway](#)

page 2

[Quiz about Norway](#)

page 2

[Songs from Norway](#)

page 3

[Games from Norway](#)

page 6

[Norwegian food recipes](#)

page 7

[Norwegians paintings](#)

page 8

C – 1814 x

When did Norway become an independent nation?

A – 1907

B – 1905 x

C - 1904

Which county has the largest area?

A – Finnmark x

B – Oslo

C – Østfolk

What was Oslo's former name?

A – Christiansand

B – Christiania x

C - Tønsberg

Who Christianized Norway?

A – King Harald Hårfagre

B – King Olav Tryggvason x

C – King Olav Magnusson

Songs from Norway

The national anthem (L: Bjørnstjerne Bjørnson, M: Rikard Nordraak)

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

*Ja, vi elsker dette landet,
som det stiger frem,
furet, værbit over vannet,
med de tusen hjem.
Elsker, elsker det og tenker
på vår far og mor
og den saganatt som senker
drømme på vår jord.
Og den saganatt som senker,
senker drømme på vår jord.*

*Norske mann i hus og hytte,
takk din store Gud!
Landet ville han beskytte,
skjønt det mørkt så ut.
Alt hva fedrene har kjempet,
mødrene har grett,
har den Herre stille lempet
så vi vant vår rett.*

The scouting prayer (L/M: Hans Møller Gasmann)

*Kjære Far i høye himmel,
hør mitt hjertes stille bønn:
Hvor jeg er i verdens vrimmel,
la meg ferdes som din sønn.
La meg leve deg til ære,
hedre Norge, far og mor.
Andre folk til nytte være.
Lyde Speiderlovens ord*

*(English version)
Dearest Father, high in heaven,
Hear the prayer of my heart:
In every corner of this world
Let me travel as your son;
Let me live life to your glory,
Honour Norway, and my parents,
Be of help to other people
And obey the Scouts' law's words.*

Baden Powell dro på tur (L/M: NN)

Melody: Old MacDonald had a farm



*1. Baden-Powell dro på leir. E-AY E-AY-O
Og på den leiren hadde alle shorts. E-AY E-AY-O
Med en buksekant her og en buksekant der, her kant - der kant, overalt
buksekant.*

Baden-Powell dro på leir E-AY E-AY-O

*2. Baden-Powell dro på leir E-AY E-AY-O
Og der fikk de bruke egen øks E-AY E-AY-O
Med en blodsprut her og en blodsprut der, her blod - der blod, overalt blod.
Og en buksekant her...*

*3. Baden-Powell dro på leir E-AY E-AY-O
Og på den leiren tente de bål E-AY E-AY-O
Med en host host her og en host host der, her host - der host, overalt host host. Og en blodsprut her...
Og en buksekant her*

*4. Baden-Powell dro på leir E-AY E-AY-O
Og guttene lagde sin egen mat E-AY E-AY-O
Med en oææ her og en oææ der, her oææ - der oææ, overalt oææ. Og en host host her. Og en
blodsprut her... Og en buksekant her...
Baden-Powell dro på leir E-AY E-AY-O !!!*

Da jeg trengte en neste (L/M: Sidney Carter)

Dm

Da jeg trengte en neste,

F

var du der, var du der?

Dm

Da jeg trengte en neste,

Dm

var du der?

Refrain

C7 F

Hvem du er, hvor du lever,

Am F

det er én ting som teller:

A7 Dm

Var du der?

Da jeg tørstet og sultet,

var du der, var du der?

Da jeg tørstet og sultet,

var du der, var du der?

Refrain

Da jeg frøs og var fengslet,

var du der, var du der?

Da jeg frøs og var fengslet,

var du der, var du der?

Refrain

Da jeg kom som en fremmed,

var du der, var du der?

Da jeg kom som en fremmed,

var du der, var du der?

Refrain

Overalt hvor du ferdes -

jeg er der, jeg er der.

Overalt hvor du ferdes -

jeg er der, jeg er der.

Refrain

Hvem du er, hvor du lever,

det er én ting som teller:

Jeg er der.

Games from Norway

Hauk og due

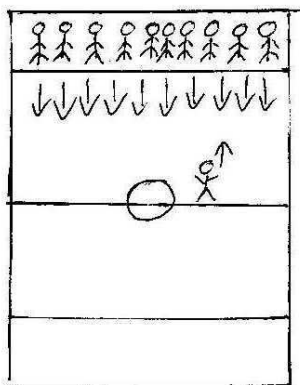
You need some space, and that is all.

One person is elected to be the Hauk (hawk). The rest are Duer (doves).

They will line up in one side of the room; the Hauk will be in the middle.

The Hauk will then call out: "Alle mine due, kom hjem!"

Then all the Duer should try to get from the one side to the other while the Hauk will try to catch as many as possible. Those who are caught become hawks as well. This goes on until there is only one Due left.



Blitz

This is a violent game, or could be violent.

The name's origin comes from the resistance group Blitz who often demonstrated by chaining together and the police had to tear them apart.

The concept of the game is to choose one policeman and the rest will be demonstrators.

They will chain together lying on the floor. Hold each others in body parts and hold tight.

The police will try to tear the rest apart. It is not allowed to pinch or tear in clothing.

When someone says stop it means stop! Those who are torn out become police who will help the rest. Those two who are left win the game.

Wink game

This is a chair game, and you need half as many chairs as participants.

Divide the group in two. The one group stands behind the chairs, one participant per chair.

The rest sits down on the chairs. Be sure that there is one vacant seat. That person who got this chair must try getting one of the others to come and sit on his. This is done by winking.

The person behind the chair must wink to one of the rest who sits with someone else.

Those in the back can try to hold on to the person in front if they are winked at.

It is not allowed to pull the hair or scratch.

Norwegian food recipes

Potetball

12 average sizes rare potatoes
 3 average sizes boiled potatoes.
 Approx. 1/2 – 1 1/2 teaspoon salt
 Approx. 3 dl barley flour, rest wheat flour
 A few pieces of mutton.



Rasp rare and boiled potatoes in a food-processor.
 Take the dough in a dumpling and add salt and barley flour.
 Blend in the wheat flour until the dough is solid. Take the dough and form a little ball with your hands. If the ball becomes too firm you might try to make it a bit looser. You can do this by having some more boiled potatoes in.

Boiling: Have a little bouillon and salt in a casserole. Drop the balls in slightly boiling water. After approx one hour they will float up. Do not boil them, only simmering.
 Before you take the balls in the casserole, boil the mutton pieces in the water for a while.

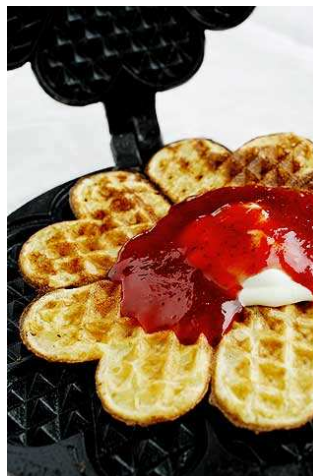
Accessories: Potatoes, Swedish turnip and spicy sausages.

Waffles

To make this you need a waffle iron.

Approx. 30 waffles (Divide the recipe if you want less)

4 eggs
 400 g sugar
 1 kg wheat flour
 1 litre fat milk
 1 teaspoon baking soda
 1 teaspoon vanilla sugar
 2 teaspoon baking powder
 3 dl sour cream
 250 g butter



1. Mix egg and sugar together.
2. Thereby you mix baking soda, vanilla sugar and the baking powder with some of the flour.
3. The rest of flour and the milk, change while pouring in.
4. Melt butter and pour in.
5. Let the mixture rest for an hour before you start to roast it.

Eat the waffles with some jam and sour cream. If you have access to brown cheese, I strongly recommend this!

Svele

If you don't have the waffle iron, you can make this in a frying pan.

5 eggs
 3,5 dl sugar
 1 litre wheat flour
 1 litre full-fat buttermilk
 1 teaspoon natron
 1 teaspoon hartshorn
 75 g butter



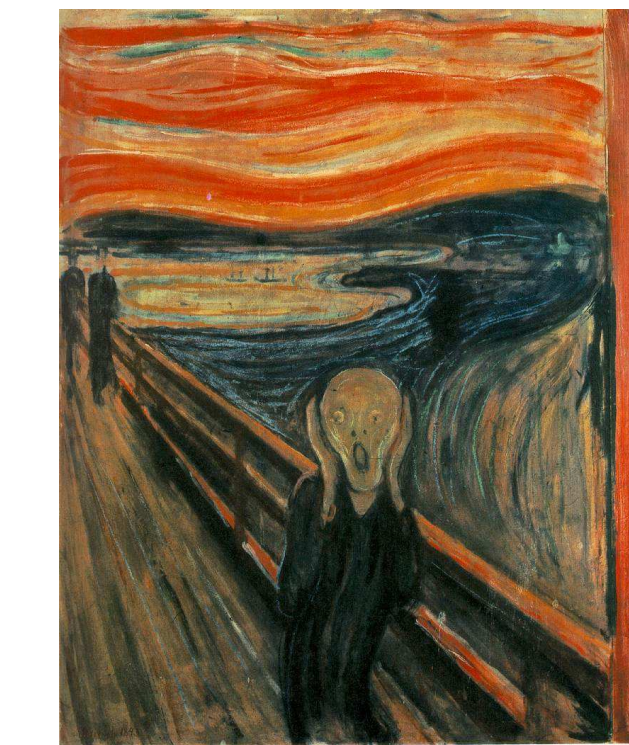
Mix this together in the mentioned succession.
 Fry it like a pancake.

Eat the so-called svele with butter and sugar or jam. Also this dish is fabulous with some brown cheese!

Norwegians paintings



A – Brudeferd i Hardanger, 1848 Tidemand and Gude



B – Skrik, 1893 Edward Munch.

C - Albertine i politilægens venteværelse, Christian Krogh 1887