

### Travel to Africa

At the start of the meeting, physically traveling to Africa can add to the enjoyment of the evening and introduce the subject.

#### 1-Fly to Uganda

Pretend flying by making the following movements:

- From a sitting position, get ready for lift off.
- Slowly stand up and stretch arms.
- Fly with arms stretched, around the hall to pretend flying over England
- Fly over the Channel- swim
- Fly over France- choose a gesture or action: cycling for tour de France, pinch nose for stinky cheese, Oh la la....
- Fly over Alps: climbing motion
- Fly over Med: rowing
- Fly over Egypt: walk like an Egyptian.
- Fly over the Nile or Sudan: flying with arms stretched



Arrive in Uganda. Slow down and land by flexing the knees and walking until they are all sat down.

You can adapt those to suit the journey you want to follow on a map as well.

#### Fly to Uganda Option 2:

Teach them how to make a paper airplane (loads of website to help with this) and have them aim at a map of Africa/ Uganda on the floor (could be traced with chalk) When all have hit the spot, you have arrived in Uganda and start the next activity.

Activity from Berkshire Scouts, Global Awareness Programme