

# Scouts - 2nd Section

Hello to the Scouts and Leaders of the 2nd Section!

This adventure starts in 3, 2...

**Prado da Coragem** (Meadow of Courage) is your next destination!

There, Moses will welcome all Scouts and leaders and will divide them into **4 camps**: North, South, East and West. Waiting for you will be the **12 Tribes** of Israel, and you will be a part of one of them. Each Tribe will be divided into several **Families**, each one of them with several Troops. You will enjoy all activities with your Family, but camp and enjoy meals with your Scout group.

Below we'll let you know which Family, Tribe and Camp you belong with.



Country	Patrol	Family	Tribe	Camp
Bangladesh	Bang1	Marques	Aser	Acampamento Norte
S. Tomé e Príncipe	STP2	Assis	Benjamim	Acampamento Oeste
S. Tomé e Príncipe	STP1	Baião	Benjamim	Acampamento Oeste
Mónaco	Mo1	Caetano	Gade	Acampamento Sul
Cabo Verde	CV1	Caminha	Gade	Acampamento Sul
Mónaco	Mo2	Carmo	Gade	Acampamento Sul
France	Fr1	Bento	Manassés	Acampamento Oeste
France	Fr2	Bento	Manassés	Acampamento Oeste
Guiné Bissau	GB1	Ramos	Naftali	Acampamento Norte
Egipt	Eg1	Henriques	Zebulom	Acampamento Este
Egipt	Eg2	Jordão	Zebulom	Acampamento Este
Egipt	Eg3	Jobim	Zebulom	Acampamento Este

Country	Patrol	Family	Group	Patrol
Bangladesh	Bang1	Marques	0228 - Senhora da Conceição	Morcego
			0228 - Senhora da Conceição	Pinguim
			0283 - Vera Cruz	Garça
			0283 - Vera Cruz	Lontra
			0683 - Telheiras	Jaguar
			0683 - Telheiras	Morcego
			1127 - Samora Correia	Castor
			Bangladesh	Bang1
S. Tomé e Príncipe	STP2	Assis	0174 - Aldoar	Golfinho
			0174 - Aldoar	Serpente
			0355 - Montes Claros	Pantera
			0484 - Anunciada	Águia
			0484 - Anunciada	Golfinho
			0595 - Arcozelo	Águia
			0595 - Arcozelo	Lobo
			S. Tomé e Principe	STP2

Country	Patrol	Family	Group	Patrol
S. Tomé e Príncipe	STP1	Baião	0172 - Abrantes	Panda
			0172 - Abrantes	Raposa
			0609 - Parada de Todeia	Lince
			0609 - Parada de Todeia	Lobo
			0837 - Cem Soldos	Pica-Pau
			1200 - Quelfes	Lobo
			1200 - Quelfes	Tigre
			S. Tomé e Príncipe	STP1
Mónaco	Mo1	Caetano	0718 - Quinta do Conde	Lince
			0718 - Quinta do Conde	Pantera
			0718 - Quinta do Conde	Águia
			1023 - São Julião Tojal	Hipopótamo
			1023 - São Julião Tojal	Lobo
			1354 - São Julião da Barra	Castor
			1354 - São Julião da Barra	Lince
			Mónaco	Mo1
Cabo Verde	CV1	Caminha	0098 - Faro	Morcego
			0737 - Marrazes	Pica-Pau
			0737 - Marrazes	Raposa
			0834 - Anjos	Coruja
			1143 - Oiã	Raposa De Fogo
			1143 - Oiã	Sapo
			Cabo Verde	CV1
Mónaco	Mo2	Carmo	0170 - Sertã	Esquilo
			0170 - Sertã	Raposa
			0295 - Nossa Senhora da Conceição	Cuco
			0295 - Nossa Senhora da Conceição	Pantera
			0685 - Alvor	Falcão
			0685 - Alvor	Lince
			Mónaco	Mo2

Country	Patrol	Family	Group	Patrol
France	Fr1 & Fr2	Bento	1073 - Gançaria	Lobo
			1263 - Ribeira do Fárrio	Esquilo
			1338 - Vairão	Cavalo
			1338 - Vairão	Águia
			1400 - Conceição da Abóboda	Raposa
			1400 - Conceição da Abóboda	Tigre
			França	Fr1
			França	Fr2
Guiné Bissau	GB1	Ramos	0007 - Ermesinde	Castor
			0079 - Prazeres	Pantera
			0079 - Prazeres	Pinguim
			0291 - Calendário	Esquilo
			0291 - Calendário	Lobo
			0603 - Antanhol	Urso
			1345 - São Lourenço do Bairro	Águia
			1345 - São Lourenço do Bairro	Cão
			Guiné Bissau	GB1
Egipt	Eg1	Henriques	0160 - Castelo Branco	Falcão
			0160 - Castelo Branco	Foca
			1120 - Cartaxo	Cavalo
			1120 - Cartaxo	Hipopótamo
			1120 - Cartaxo	Touro
			1257 - São João da Ribeira	Lince
			Egipto	Eg1
Egipt	Eg2	Jordão	0452 - Vila Nova Anha	Castor
			0608 - Perafita	Panda
			0608 - Perafita	Raposa
			0894 - Montemor-o-Novo	Águia
			0894 - Montemor-o-Novo	Cobra
			1222 - Boidobra	Águia
			1222 - Boidobra	Touro
			Egipto	Eg2

Country	Patrol	Family	Group	Patrol
Egipt	Eg3	Jobim	0382 - Cantanhede	Pombo
			0640 - Santa Maria da Feira	Pantera
			0640 - Santa Maria da Feira	Tigre
			0704 - Mira Sintra	Lobo
			0704 - Mira Sintra	Panda
			1222 - Boidobra	Lobo
			Egipto	Eg3



### Did you know?

In the scouts camp we will have **66 international scouts**.

They are coming from Bangladesh, S. Tomé and Príncipe, Monaco, Cape Verde, France, Guinea Bissau and Egypt.

### Join the Courage TikTokers

Come and join the scouts who have completed the tiktok challenge.

Get your patrol together and show everyone what it is like to be a part of the scout section, show us what scouts are made of!

### How?

Go to the @escutismo tiktok page and find the scout check video.

Use the sound from that video to record your own!

Try to be as original as possible and share your video on tiktok or instagram with @escutismo, #escutismo and #VaiComCoragem

## Pioneering/Constructions

Each **Scout group** will have to build:

- a table for meals
- a kitchen
- a shaded area
- a recycling bin

## What to bring?

### Individual supplies

#### Each element:

Uniform;

Comfortable clothing (shorts, t-shirts, underwear, socks)

Reflective vest;



**Corpo Nacional  
de Escutas**



Sunscreen (biodegradable);  
Appropriate footwear for walking and showering;  
Plastic container with lid (aka Tupperware) and cutlery (for meals on the go);  
Hat/Cap;  
Reusable water bottle/ flask;  
Camping gear (sleeping bag, hygiene kit, etc)  
Insect repellent  
Individual napkin (sustainability challenge)  
2 white t-shirts (for leaders also)

### **For nautical activities:**

- Footwear for activities in the water (water shoes or old but light sneakers, flip flops won't do);
- Swimsuit/swim shorts;
- T-shirt;
- A change of clothes and a water bottle inside a small backpack;
- Towel;

### **For Adventure Camp:**

- Clothing and shoes that can get wet and dirty - sneakers, bathing suit, t-shirt;
- A small backpack for a change of clothes and a water bottle.

### **Scout group supplies**

- Tents;
- Camping and cooking equipment (pay attention to the conditions and expiration date of the stove hose);
- Firefighting equipment - 1 fire extinguisher per group of 5 tents and 1 kitchen + 2 buckets of sand OR 1 fire blanket for the kitchen
- Awnings and/or shade nets;
- Plant/ herb (sustainability challenge)
- supplies for the recycling bin (sustainability challenge)

### **Patrol supplies**

- Patrol flag/ banner (if you have one);
- Notebook and pen;
- First aid kit.

# Sustainability



As you know, Acanac is just around the corner, and the time has come to make it more sustainable. We want you to be a true environmentalist and contribute to a greener Prado da Coragem.

## It's time for you to become a true ECO-SCOUT!

In order for you to help us we have 3 challenges for you and your Scout patrol/ group:

INDIVIDUAL



CLOTH NAPKIN

SCOUT GROUP



AROMA CORNER

SCOUT GROUP



RECYCLING BIN

All 3 challenges will be scored.

**The recycling bin will be one of the mandatory constructions on site.**



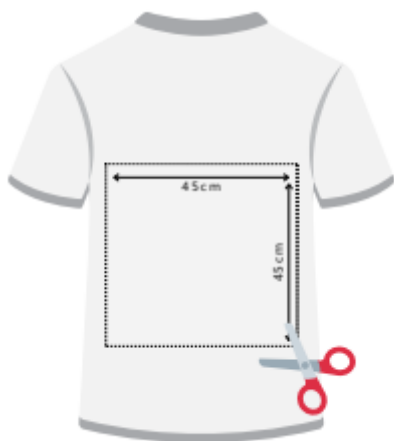
## Individual challenge

### CLOTH NAPKIN

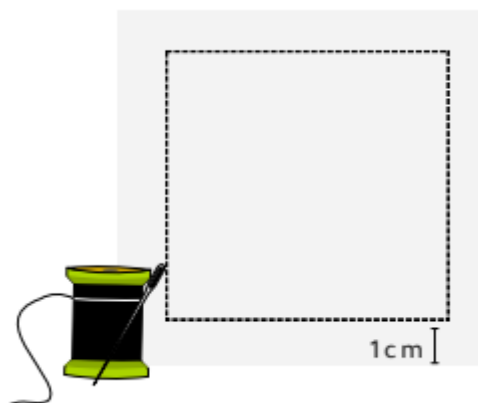
#### You'll need:

- Old t shirt or piece of fabric (45x45 cm)
- Scissors
- Ruler
- Sewing thread
- Paint/ decoration

Step 1 - cut a 45x45 cm square



Step 2 (optional) - sew a hem



Step 3 - decorate as you wish



## Group challenge 1

### AROMA CORNER

Gather your Scout Patrol/ Group and grow a plant/aromatic herb from your country. Bring it to Acanac and get to know all plants and herbs at **Aroma Corner** and use them to cook your meals, which will be a lot tastier.

#### How should I grow my plant?

You'll need:

- seeds;
- soil with natural fertilizer;
- water;
- empty egg carton;

**Step 1** - Put some soil in the egg carton.

**Step 2** - Using your finger, make a 1 cm deep hole in the soil.

**Step 3** - put 2 or 3 seeds in each hole.

**Step 4** - cover them with more soil, but don't make it compact.

**Step 5** - water the plant.



#### **How to prepare natural fertilizer?**

1 - egg shell

If you want to use them as a fertilizer, egg shells should be crushed in a blender or with a mortar and pestle until they're transformed into a powder. You can sprinkle the powder over the soil, which will cause the calcium to be absorbed as you water the plant.

2 - coffee grounds

To use coffee grounds as a fertilizer, you first have to dilute them in water. You can use roughly 100 gr/ 3 tablespoons of coffee groups with 1L of water and you'll need to wait one week until this solution is ready to be used. You can then put it in a watering can

and water the soil with it. Remember that the coffee grounds should not be used directly in the soil.

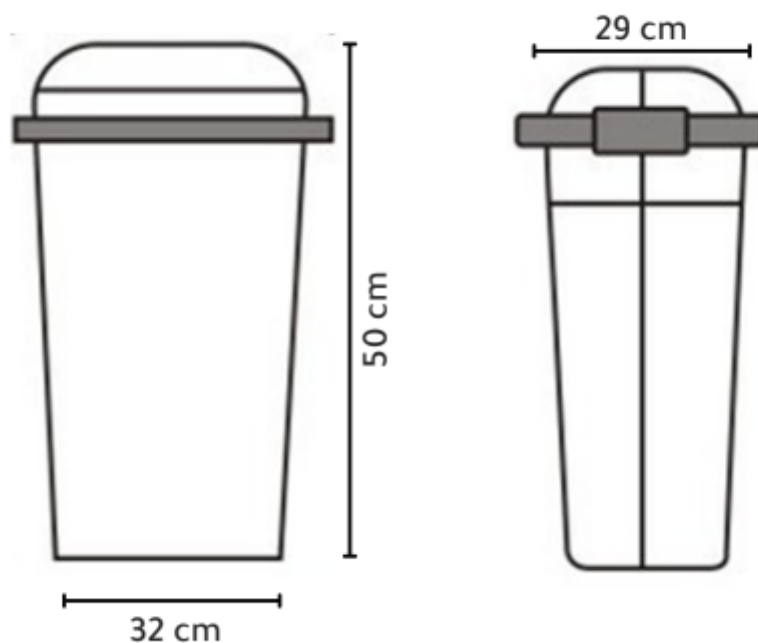
### 3 - Cinnamon

You can mix powdered cinnamon in the soil to prevent fungal infections on the plants and to accelerate their rooting.

## Group challenge 2

### Recycling bin

We challenge you and your scout group to build a recycling bin, so you can separate the waste you'll create while on camp. Get to work and let your imagination run wild!



Rules you should follow:

- 1 - You have to build the recycling bin, using wood and rope.
- 2 - The recycling bin must have at least 4 compartments (one for plastic, one for paper, one for glass and one for organic waste).
- 3 - The recycling bin should not be bigger than 32x29x50 cm.

What should and shouldn't I put in each recycling bin?



### **Yellow - Plastic and metallic packaging**

Should put in: water, juice, food oil and detergent bottles, plastic bags, butter and milk packages, food cans, yogurt cups, styrofoam and spray bottles

Shouldn't put in: batteries, CDs and DVDs, gasoline, paint or varnish bottles, non-package plastic, organic residues, glass

Remember to drain and flatten the packages and reuse your bags

### **Blue - paper and cardboard packaging**

Should put in: flattened paper and cardboard packages, newspapers, magazines, toilet paper rolls, paper bags, publicity leaflets and flyers

Shouldn't put in: stickers, laminated paper, aluminum foil, absorbent paper, paper/cardboard with grease, dirty tissues or napkins, baby wipes, diapers, cement bags.

Remember to flatten the packages and prevent the paper from getting wet or contaminated

### **Green - glass packaging**

Should put in: glass bottles and jars

Shouldn't put in: light bulbs, drinking cups, plates, porcelain and mirrors.

Remember to drain the packages, remove any metal rings and avoid depositing glass at late hours to prevent disturbing your neighbors

### **Organic residues**

Should put in: vegetable and fruit peels, bread, pasta, tea bags, leaves, stems, grass, flowers, wood chips, ashes

Shouldn't put in: batteries, glass, plastic, medication, animal stools, fats, dairy, meat, fish or seafood

### **WHAT CAN I DO TO ADOPT A MORE ECO-FRIENDLY BEHAVIOR?**

Always remember that our founder Lord Baden Powell advised us to leave the world a little better than we found it. It seems hard, but #vaicomcoragem (go for it)!



Here are some tips for you to follow if you truly want to be an Eco-Scout:

- 1) Use a luffa sponge - Luffa is a plant that can be dried and used as a sponge. It's 100% biodegradable.
- 2) Prefer a reusable bag - On average a plastic bag takes between 100 and 400 years to decompose.
- 3) Avoid single use plastics - Use your water bottle or flask, your glass and cutlery. Single use plastics are bad for the environment.
- 4) Choose solid shampoo - A single shampoo bar is equivalent to two bottles of liquid shampoo. An additional plus is that this way you're not producing plastic waste.
- 5) Save water - Use a glass to brush your teeth, do the dishes in a bowl or bucket and not in running water and when you're showering remember to turn off the water when you're using the soap.

Did you know that by 2040 Portugal is thought to face a serious water shortage? If everyone had the same lifestyle as the Portuguese, we would need two planets Earth to accommodate our need for resources.

### **SHARE**

We want to see your plants and napkins! We'll be eagerly waiting to see what you come up with. Take a picture or make a video, post them on instagram using #escutismo and #vaicomcoragem and tag us @escutismo.