



ESG Day-Ukraine

11th November 2017



ESG Day takes place every year, on the first Saturday in a full November week. This year it is a turn of YMCA Scouts Ukraine to prepare the program of ESG day. ESG Day's goal is to experience other nations program and to have a better understanding of YMCA Europe.

This day includes:

- Discussion and videos: Information about Ukraine and Ukrainian Scouting
- Indoor games
- Cooking Ukrainian national dish – “Varenyky”
- Scouts Candle reflection
- Internationality: Postcard

About Ukraine and YMCA Ukraine Scouts

Take a laptop or better PC with the huge monitor and explore YMCA Scouts' activity in Ukraine. It is easy to do as mainly we post our information in two sources:

- Our FB page: <https://www.facebook.com/YMCA.Scouts.Ukraine/>
- And the web page: <http://scouts.in.ua/> (Please use google pages translate as the site temporary lacks English version)

Ukraine is a big country geographically located in the center of Europe: 42,5 million of population live on 603,628 km². To know more please take a short look on Wikipedia <https://en.wikipedia.org/wiki/Ukraine> and do not miss amazing Ukrainian landscapes (wide monitor needed):

- <https://www.youtube.com/watch?v=siGijqE11rg>
- <https://www.youtube.com/watch?v=V-SldgJVfJw>
- <https://www.youtube.com/watch?v=Pu8tL3ptXRM>

Ukrainian music is a reason to be proud of as well. Turn you speakers and feel the mood:

- <https://www.youtube.com/watch?v=Oy5hcamHOBA>
- <https://www.youtube.com/watch?v=WyCjAd2-d2M>
- <https://soundcloud.com/atmasfera/07-gucul#t=0:05>
- <https://soundcloud.com/folknery/folknery-u-lisi>
- <https://www.youtube.com/watch?v=AFShDQEDpwA>
- <https://www.youtube.com/watch?v=dn-jr9kSIDk&index=27&list=RDIXrnQODUA2I>
- <https://www.youtube.com/watch?v=7Tn9TtU9E5c>
- https://www.youtube.com/watch?v=tepT4EcBTC0&index=1&list=PLPVgxYga5xQwXtmpkScI0_J60HkgMEfvE
- <https://www.youtube.com/watch?v=ZPB2VFOqLcw>
- <https://www.youtube.com/watch?v=V2qBoRUqHd0>
- <https://www.youtube.com/watch?v=uvixeSrMORA>
- <https://www.youtube.com/watch?v=QYqB1eyN8B4>

- <https://www.youtube.com/watch?v=L044-HVhq64>
- <https://www.youtube.com/watch?v=8gwaS026pdg>
- <https://www.youtube.com/watch?v=yU5E7ahf1Q4>

Indoor Games

Funny games are the integral part of Ukrainian traditions. We suggest you to try two indoor games:

- “Kalyta” – the sense of the game is to bite a peace of a big bagel hanged on a stick. How to play, you can see here: <https://www.youtube.com/watch?v=lcLetrInIn0>
- “Grandfather Panas” – a game from the North West part of Ukraine presented by YMCA Scouts from Luck: <https://youtu.be/VA9KhlylLew> and <https://youtu.be/nhlkyXb4-gl>

Cooking Ukrainian national dish – “Varenyky”

The recipe about how to make varenyky please find below. However, don’t miss a chance to **watch a video** where YMCA Scouts of Kyiv are dealing with varenyky. In the end of the video you will **find a challenge!!!**

- <https://youtu.be/2rGKXRbGAw4> (!!!!)



Process of cooking “Varenyky” is the best ever team building activity invented. Simply to say it is very popular Ukrainian dish which are filled dumplings with wide variety of tastes. They are made by wrapping unleavened dough around a savory or sweet filling and cooking them in boiling water. You choose how it will taste. Typical fillings include potato, sauerkraut, ground meat, cheese, and fruits. May be also stuffed (singularly or in combinations) with mashed potatoes, fried onions, quark (sometimes called farmers cheese), cabbage, sauerkraut, meat, mushrooms, spinach, cheese, or other ingredients depending on the cook's preferences. The dumplings may be served with a topping, such as melted butter, sour cream, or fried onion, or combinations of those ingredients.

Preparation



The dough, which is made by mixing flour and warm water, sometimes with an egg, is rolled flat and then cut into squares with a knife or circles using a cup or drinking glass. The dough can be made with some mashed potato, creating a smoother texture.

The filling is placed in the middle and the dough folded over to form a half circle. The seams are pressed together to seal the pierogi so that the filling will remain inside when it is cooked. Varenyky are simmered until they float, drained, and sometimes fried or baked in butter before serving. They can be served with melted butter or sour cream or garnished with small pieces of fried bacon, onions and mushrooms. Dessert varieties may be topped with apple sauce, jam.

During preparation, the filling is wrapped with dough, boiled for several minutes in salted water and then covered with butter or cooking oil. In certain regions of Ukraine, varenyky are steamed instead of boiled.

Savoury varenyky are typically topped with fried “salo bits” (shkvarky) and onions and accompanied with smetana (sour cream). Leftover varenyky can be fried. As a dessert, varenyky are served with smetana and sugar, jam or honey. Raw varenyky (with the dough uncooked) can be stored frozen, then cooked in a few minutes, which makes them a convenience food.

Stages



Cutting the dough into circles



Placing the filling into a dough pocket



Closing the dough pocket



Sealing the varenyky

After the whole day of activities, it is good to sit and share your feelings with other scouts. In YMCA Ukraine Scouting we usually perform "Scouts candle" exercise in the end of the day.

Description:

Since the candle symbolizes light in the darkness of life especially individual life, illumination; it is the symbol of holy illumination of the spirit of truth, we take 1 candle which later we will pass from hands to hands, from person to person, light it up. But before that the whole group creates a circle sitting one near each other. This activity should be held in the calm and friendly atmosphere. And the main aim is to share your feelings and thoughts about the day as candle shares it's light with the circle.

So after the whole group is sitting and candle has been set to fire first person starts with short story about the candle why we are using it at the moment. (share light, light of your soul with other scouts) and after this first person asks 1 question for all the group: "What 3 things you like the most in scouting?" And pass candle to the next person which sits next to him. The trick is that you can answer only when candle is in your hands and after you finished answering you pass the candle to the next person. No one is allowed to talk without a candle. After everybody shared their light with the team last person highlights thoughts about the day and the symbol of candle at this very moment. Please encourage scouts to share the light with each other every moment and every day.

Postcards

Traditionally, we will wait postcards from you. If you like your day today, do not hesitate and send us a postcard:

YMCA Ukraine

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