

Train blazers

Challenge pack



How to use this challenge pack

You can choose to follow a full evening plan for your section, or dip in and out of activities from different sections to suit your group. Any resources needed are clearly referenced and labelled by page number at the end of this challenge pack, and we've aimed to keep equipment to a minimum throughout. If you follow a full section plan, there is also a handy equipment overview list so you can gather everything you need at a glance.

Badges are available at £1.50 each, with all proceeds supporting fundraising for our Europe adventure. If you are able to make a small donation to the person running your session, this would also be greatly appreciated. If you have any questions or need support, please email europe2026laser@gmail.com.

★ Meet Goldie! ★★

Goldie the Globe is a curious little globe who loves learning about the world. She is always excited to discover new countries, try different foods, hear new languages and learn about how people live in different places. Goldie has heard all about the Train Blazers and their big European adventure, and she would love to travel along with them!

Goldie is going travelling around Europe, just like the Train Blazers, would you like to join her? On this adventure, we'll explore new cultures, learn words from different languages and travel from country to country by train. To get ready for the journey, everyone will need their very own passport. Let's collect our passports and help Goldie begin her European adventure together!



Equipment

Rainbows

Print out of A5 passport	x1 per Rainbow	Page 9
Speaker for music	x1	
Colour in flags	x1 per Rainbow	Page 11
Colour in pens/ pencil		
Edelweiss words	1 between 2	Page 13

Brownies

Print out of A5 passport	x1 per Brownie	Page 9
Paper & pens		
Tables	x1 per group	
Colour in flags	x1 per Brownie	Page 11
Tower building: Paper & sellotape/ spaghetti & marshmallows		
Edelweiss words	1 between 2	Page 13

Guides

Tower build: Paper & sellotape/ spaghetti & marshmallows		
Pictionary items	x1 for leader	Page 14
Paper & pens	Some for each group	
Tulip origami instructions	x1 between 2	Page 12
Origami paper (optional)	1 each	
Secret phrase	1x for leader	Page 10

Rangers

Paper and pens		
Secret phrase	1x for leader	Page 10
Tables	x1 per group	
Edelweiss words & actions	x1 between 2	Page 13 & 16





Rainbows



Welcome

Introduce our mascot, "Goldie the Globe"! "Goldie is going travelling around Europe just like 'train blazers', do you want to join her? You will all need a passport!" Give out passports (Page 9)

Game

Musical Towers (musical statues, when we say eiffel tower stand tall, tower of pisa fall over (safely!))

Tick Italy & France

Make a flag

Colour in the Czech Republic and Slovenia flags from Page 11. Bonus challenge: colour them in using items that are that colour (e.g. for blue you could fill with blueberries, whale, bluebells etc.).

Tick Czech Republic and Slovenia

Edelweiss

Get into a circle and teach the song "Edelweiss". Girls can sing or hum along. Add actions to the rhythm: pat your lap, clap, clap - over the 3 counts.

Tick Austria

Tulips & Bears

How to Play: Name two sides of the room: one side = Tulips, other side = Bears. Girls start in the middle and when the leader calls out:

"Tulip!" → run to the tulip (Netherlands) side

"Bear!" → run to the bear (Berlin) side

"Windmill!" → spin on the spot

"Brandenburg Gate!" → make an arch with their arms

"Train!" → make a train line and march around.

Last one to move joins the leader.

Tick Amsterdam & Germany



Brownies



Welcome

Read Goldie the Globe's story (page 2) and give out an A5 passport each.

Countries Relay

Set up a table at one end of your meeting space, and line up the Brownies in groups at the opposite end, each with a designated table with pen and paper on it to write a list. Groups send one person up at a time to write one country (no repeats). The team with most countries win!

Make a flag

Colour in the Czech Republic and Slovenia flags from page X, using items that are that colour (e.g. blue could be blueberries/ butterfly etc.).

Tick Czech Republic and Slovenia

Tower Build

Make a tower inspired by the Eiffel Tower or the Leaning tower of Pisa.

Tick Italy & France

Edelweiss

Get into a circle and teach the song "Edelweiss". Girls can sing or hum along. Add actions to the rhythm: pat your lap, clap, clap - over the 3 counts. Or full actions if known (resource X).

Tick Austria

Tulips & Bears

How to Play: Mark two sides of the room: one side = Tulips, other side = Bears. Girls start in the middle and when the leader calls out:

"Tulip!" → run to the tulip (Netherlands) side

"Bear!" → run to the bear (Berlin) side

"Windmill!" → spin on the spot

"Brandenburg Gate!" → make an arch with their arms

"Train!" → make a train line and march around.

Last one to move joins the leader.

Tick Amsterdam & Germany





Welcome

Discuss what an international trip is and why girls take part and how you can!

Secret phrase

Invent a secret language and communicate a picture or phrase to your teammate without using English words. Phrase to guess on page 10.

Tower Build

Make a tower inspired by the Eiffel Tower or the Leaning tower of Pisa using either paper & sellotape/ spaghetti & marshmallows.

Pictionary

Split into small groups (3-6 in each) and give each group some paper and pens. To start, each team needs to send 1 person up to the leader, who will have a list of items to draw (page 14). That person will run back to their group, and draw the item until their team guesses and then the next person goes to the leader says the item to get the next item to draw. First team to complete the list are winners!

Team work

Back-of-the-Back Drawing: Get into groups of 3/4 and line up behind each other, the person in front needs a pen and paper. The person at the back will be told a country, they need to draw on the person in front of them's back using their finger a clue that means the person at the front can guess the country (words allowed).

Each person down the line needs to replicate the drawing on the person in front of them to pass the clue down. First team to guess correctly wins!

Tulip Origami

Use Page 12 to craft your own origami tulips inspired by Amsterdam.





Rangers



Welcome

Discuss what an international trip is and why girls take part and how you can!

Challenge 1

Build the tallest tower (inspired by Eiffel Tower & Leaning tower of Pisa) from one sheet of A4

Challenge 2

Invent a secret language and communicate a picture or phrase to your teammate without using English words. Phrases to guess on page 10.

Challenge 3

Back-of-the-Back Drawing: Pass a country clue forward by drawing on your teammate's back. (detailed breakdown in "Team work" on Guides page.

Edelweiss

Get into a circle and teach the song "Edelweiss". Girls can sing or hum along. Add actions to the rhythm on page 16.

Challenge 5

Passport Photo Challenge: Take a photo that looks like you're on a famous world beach (or another iconic location). Groups whose location is correctly guessed win!

Challenge 4

Set up a table at one end of your meeting space, and line up the Rangers in groups at the opposite end, each with a designated table with pen and paper on it to write a list. Groups send one person up at a time to write one country (no repeats). The team with most countries win!





Train blazers

Destinations



London



Amsterdam



Berlin



Prague



Slovenia



Italy



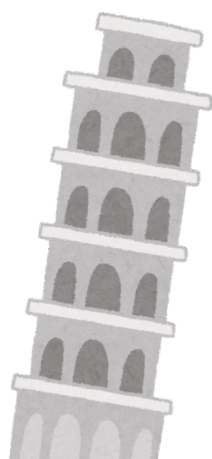
Austria



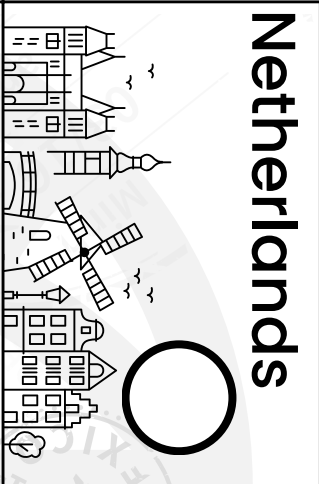
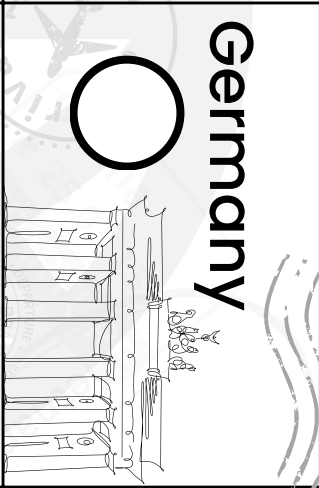
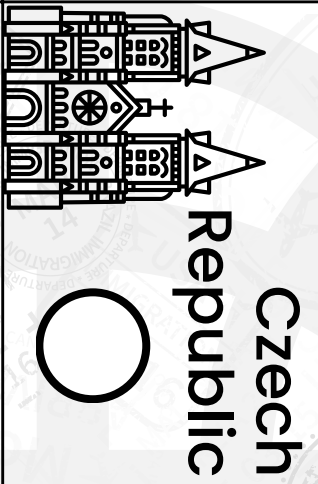
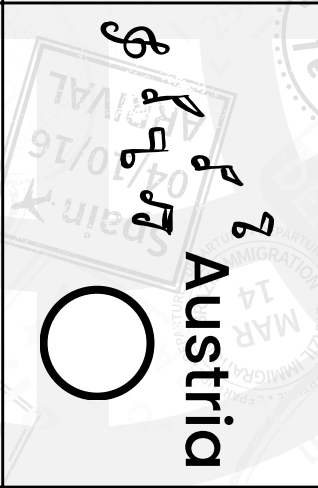
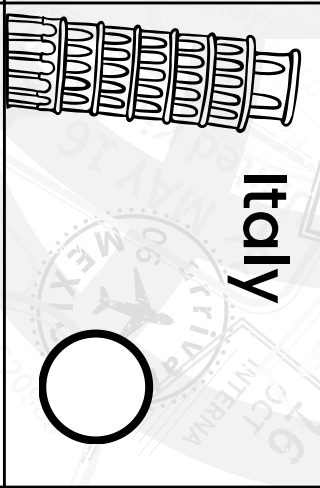
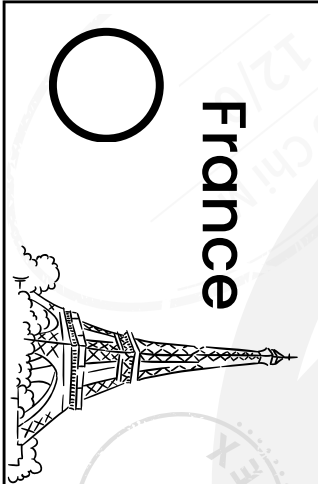
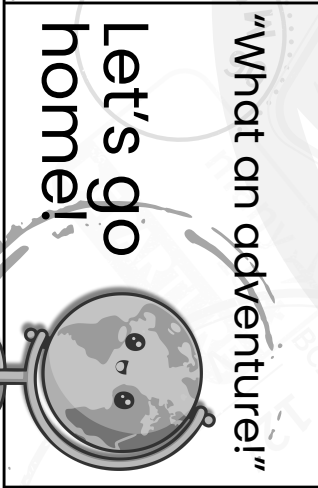
Paris



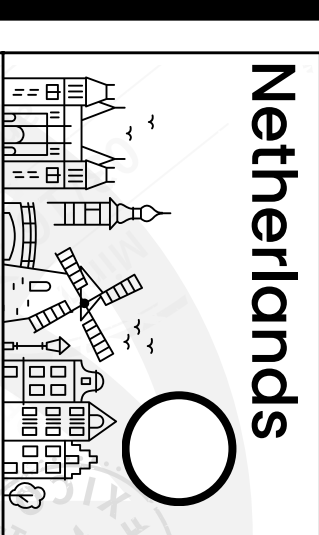
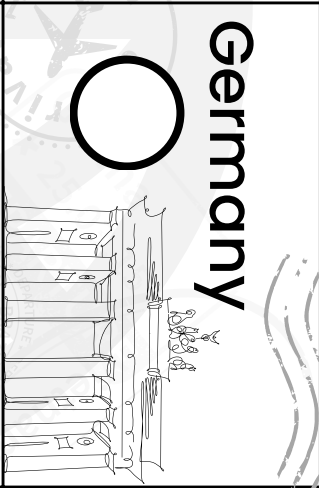
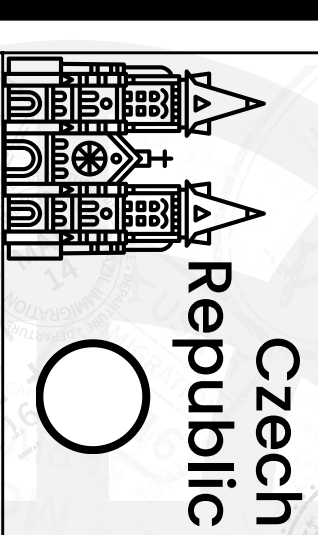
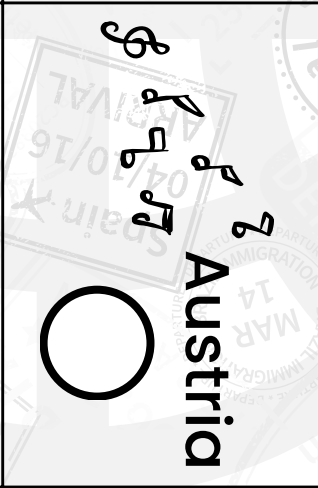
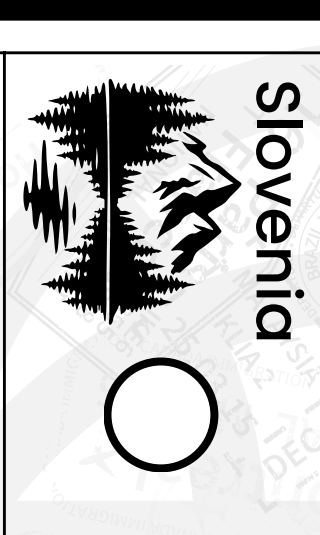
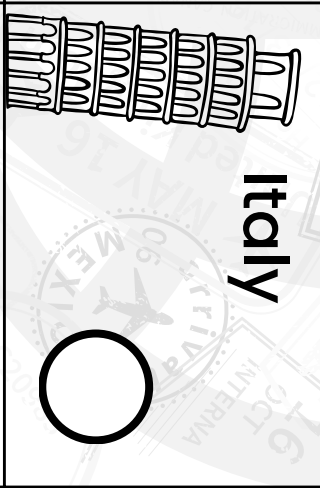
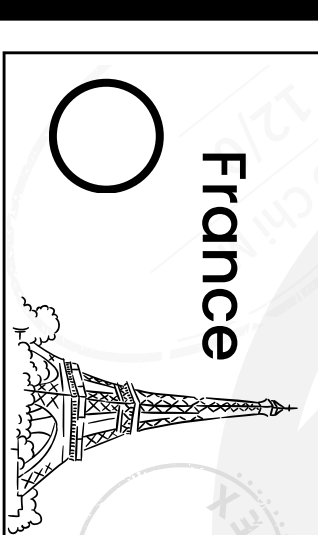
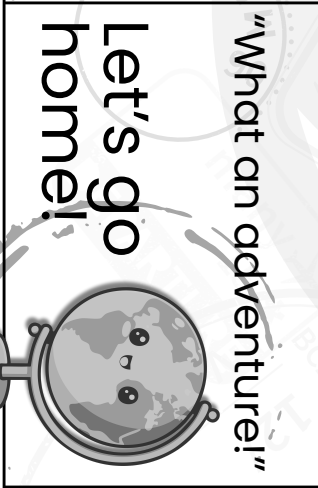
London



Train blazer's passport

 ☐	 ☐
 ☐	 ☐
 ☐	 ☐
 ☐	 ☐

Train blazer's passport

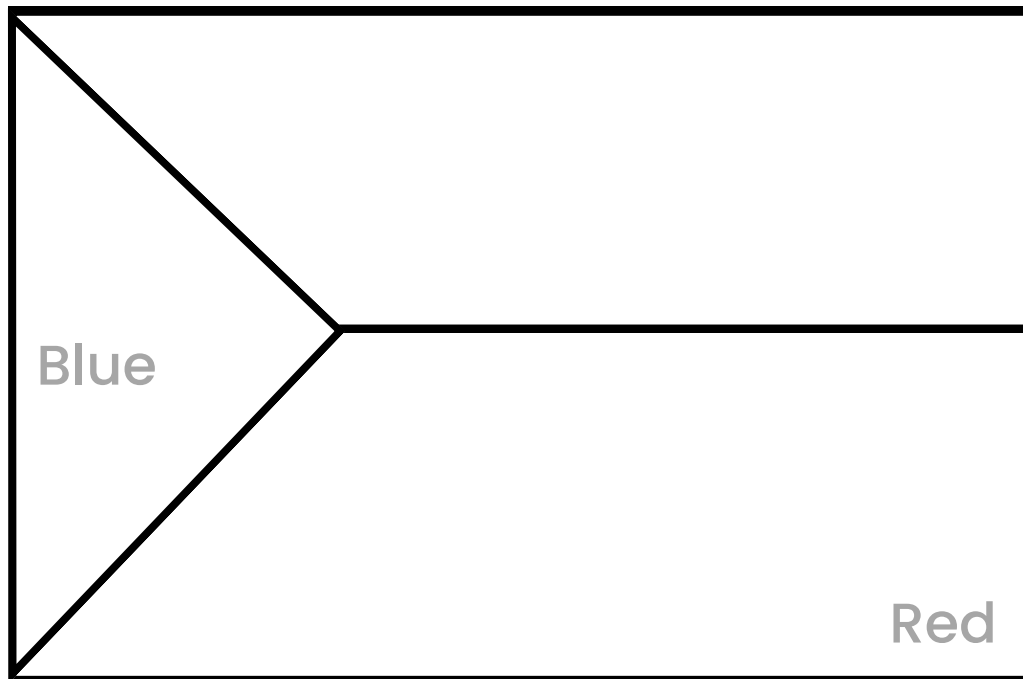
 ☐	 ☐
 ☐	 ☐
 ☐	 ☐
 ☐	 ☐

Secret phrases

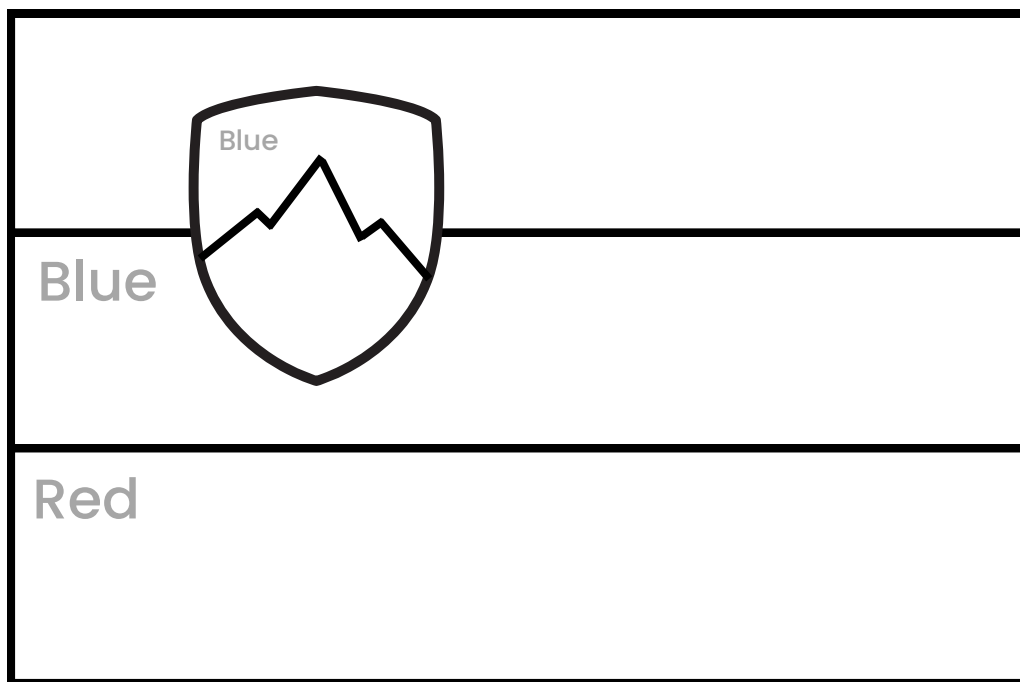
- 1.Passport ready!
- 2.Book the train tickets
- 3.Where are we going?
- 4.Make new friends
- 5.Try new food
- 6.Take a picture
- 7.Pack your bag
- 8.Learn new languages
- 9.Explore together
- 10.Make memories



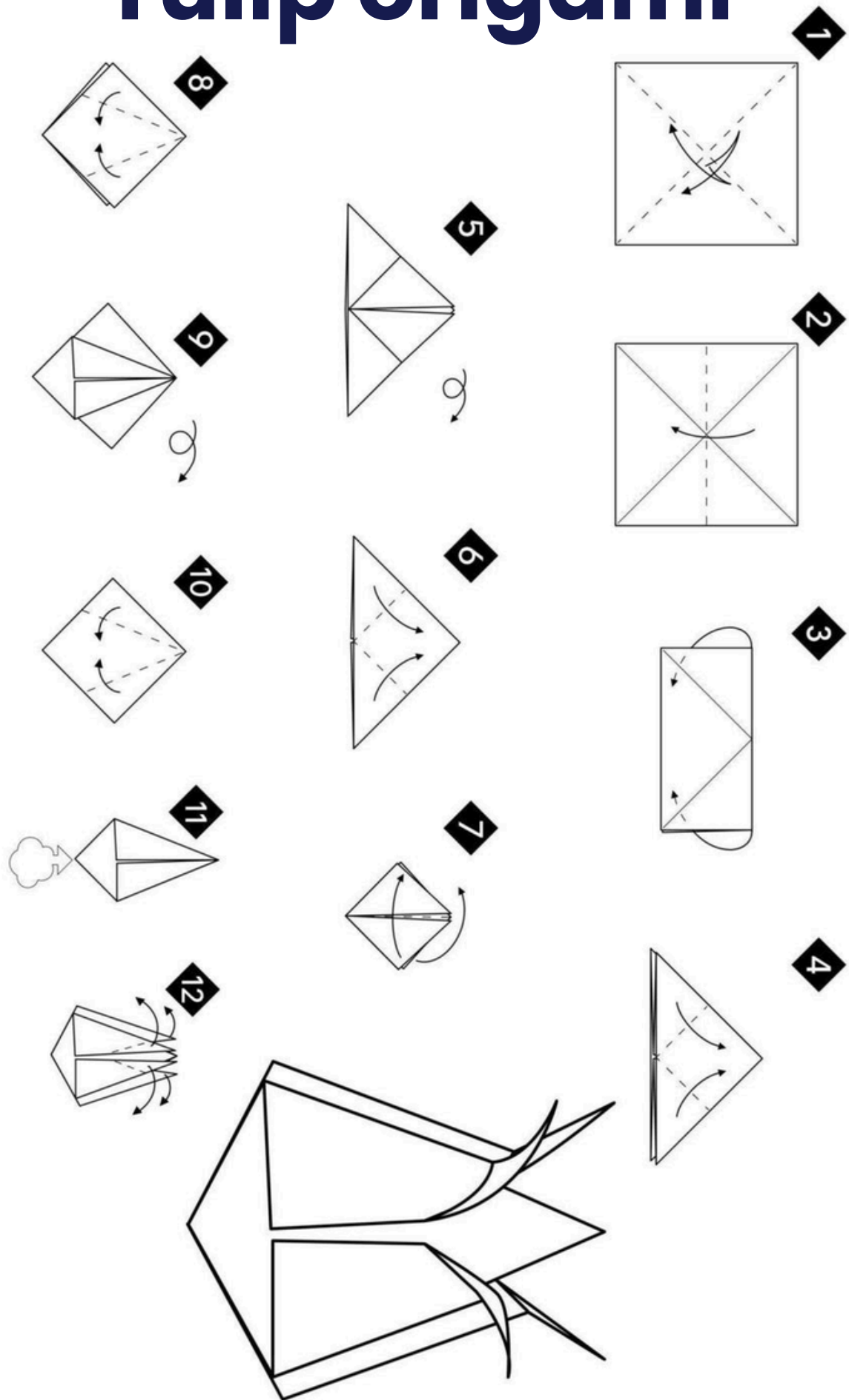
Czech Republic



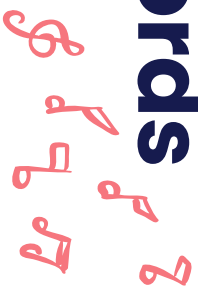
Slovenia



Tulip origami



Edelweiss words



Edelweiss...

Edelweiss...

Every morning you greet me
Small and white, clean and bright

You look happy to meet me

Blossom of snow

May you bloom and grow

Bloom and grow forever...

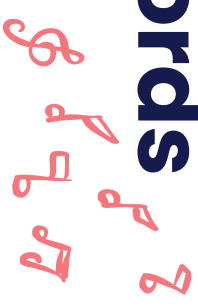
Edelweiss...

Edelweiss...

Bless my homeland forever...



Edelweiss words



Edelweiss...

Edelweiss...

Every morning you greet me
Small and white, clean and bright

You look happy to meet me

Blossom of snow

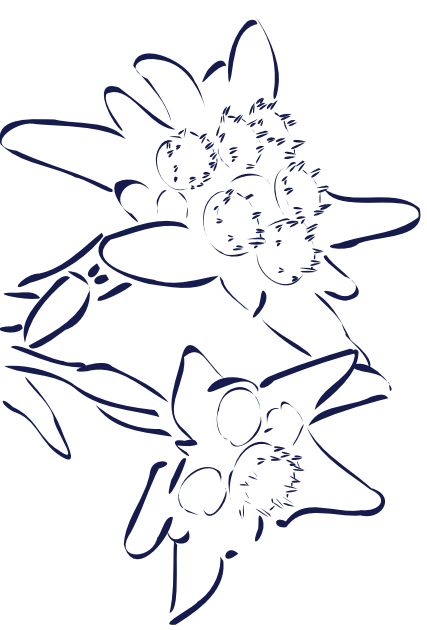
May you bloom and grow

Bloom and grow forever...

Edelweiss...

Edelweiss...

Bless my homeland forever...



Pictionary

1. Eiffel Tower
2. Croissant
3. Beret
4. Baguette
5. Mona Lisa
6. Pizza
7. Ice cream
8. Leaning Tower of Pisa
9. Colosseum
10. Vespa scooter
11. Windmill
12. Tulip
13. Bicycle
14. Boat
15. Clog (wooden shoe)
16. Pretzel
17. Sausage
18. Bear
19. Bridge
20. Castle
21. Mountain
22. Sound of Music
23. Hills
24. Lake
25. Paddleboard
26. Train
27. Passport
28. Suitcase
29. Map
30. Bunk bed

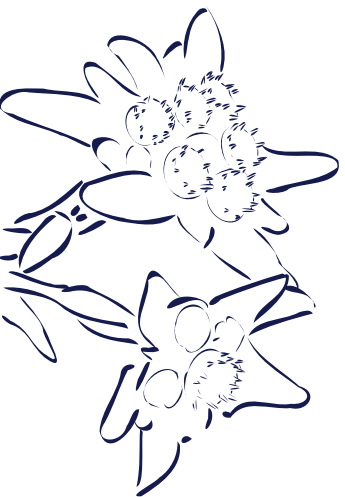


Edelweiss actions

Sitting cross-legged in a circle, each person places their left hand face up between their left knee and their neighbour's right knee about a foot off the ground.

Everyone places their right hands, palm down, on their right neighbour's upturned left hand. To the music (1 move per beat) with your right hand, first you:

- hit your **neighbour's left hand**
- then your **right knee**
- your **left knee**
- the **bottom of your left hand**
- **top of your left hand twice.**



Edelweiss actions

Sitting cross-legged in a circle, each person places their left hand face up between their left knee and their neighbour's right knee about a foot off the ground.

Everyone places their right hands, palm down, on their right neighbour's upturned left hand. To the music (1 move per beat) with your right hand, first you:

- hit your **neighbour's left hand**
- then your **right knee**
- your **left knee**
- the **bottom of your left hand**
- **top of your left hand twice.**

