

**How to organise and deliver suburban summer camps with  
Ukrainian refugee children – Junak Cesky Skaut**

# Suburban integration camps

Suburban camps are an interesting addition or alternative to a classic camp. They usually last 5 days and the participants go home to sleep. They are a great space where Czech and Ukrainian children and youth can meet. For Ukrainian girls and boys, suburban camp is also a safer option if they don't dare to go away from home for a few nights, for example to a scout camp.

The suburban integration camp aims to support the integration of Ukrainian girls and boys and their mutual recognition and acceptance with Czech children. It is also supposed to help develop empathy and communication skills and enable girls and boys to get to know another culture, meet new friends and spend their summer vacation meaningfully. It may happen that in some places it will make sense to organize a suburban camp just for Ukrainian girls and boys (for example, in remote large-capacity accommodation facilities for Ukrainian families). This activity also makes a lot of sense.

We would like to make organizing suburban camps as easy as possible for you, so we have created this guide with a number of practical advice and tips for organizing them.

For each Ukrainian child who attends your suburban camp, you can apply for a contribution that will cover both the participation fee and help with the equipment of the entire camp. See below for information on how to apply for a grant.

If you invited Ukrainian girls and boys to a suburban camp or carried out other integration activities (invited newcomers to the unit, invited to a summer camp or organized another leisure activity), please fill out this [form](#) , where we collect feedback about what is happening in the organization.

## Types of support

### **Organizational support (How to organize a suburban camp)**

#### **Methodology for scout suburban camps**

He will help you with practical steps, guide you through the preparation and progress. [You can download and read](#) the methodology .

You will learn, among other things, that:

- From the point of view of the law, the suburban camp is not a camp or a recovery event. The rules for recovery actions do not apply to him, and the obligation to report them to the hygiene station does not apply to him.

Nevertheless, we recommend, as long as it is not complicated and restrictive, to try to comply with the standards for recovery actions.

- The suburban camp must be billed according to the same principles as a regular camp, i.e. the organizing unit is a center or, for example, a district.
- The leader of the entire camp must be over 18 years old and have completed the leadership exam. The instructors at the camp are over 15 years old and we recommend that they have a waiting exam.
- As a rule, Boy Scout suburban camps are budgeted so that the leaders and other instructors do not do the work voluntarily, but are financially rewarded for it. Especially for rovers and rangers, it can be an interesting alternative to a summer job.
- Picking up and dropping off children is an important moment - it is necessary for you to have an overview and control over when each child comes to you and when and with whom they leave. The child's parents are at work during the day and need to drop off the child on the way to work and pick him up on the way from work. Since the working hours will not be the same for everyone, it is necessary to accommodate them and adjust the time of taking over in the interval from - to and the same in the context of handing the children back.

The methodology was published in 2016, so some chapters will be less relevant (examples of budgets, timeline of camp preparation, etc.). We mention the differences from the methodology that are important for the organization in the paragraphs below.

### **Specifics of suburban integration camps**

The presence of Ukrainian girls and boys may cause you to worry about the language barrier or the suitability of the program you have prepared so far. For tips and aids, we recommend looking at [Support for working with children](#) in this guide and at the program blocks we offer below.

When choosing a program, keep in mind the experience of Ukrainian girls and boys. The use of sirens and similar signals, activities that cause tension and stress, evoking elements of war are to remain aside for this year.

### **Sample applications**

You can download the application form in [Czech](#) and [bilingually](#) . Both versions of the application contain consent to the handling of personal data, consent to the taking of photo documentation and consent to the camp rules. In the bilingual version, the participation fee for the camp is not indicated, because we assume that you will apply for a financial contribution for the participation of Ukrainian girls and boys in the camps, see Financial support.

### **What documents to request from parents**

Parents need to have the following documents:

- signed application form

- consent to the handling of personal data (part of the sample application form above)
- consent to the acquisition and use of photo documentation (part of the sample application form above)
- agreement with the camp regulations (part of the sample application form above)
- certificate of infection-free status and a list of medicines that the child is taking (including information on when and how to take them) - download the sample in [Czech](#) and [bilingual](#)
- a copy of the insurance card or confirmation of registration with a health insurance company (for Ukrainian girls and boys)
- confirmation of who can pick up the child or whether the child can walk home alone

It is not necessary to have a doctor's certificate and a vaccination certificate from the parents (the rules of the recovery action do not apply to suburban camps).

### **Rewards for managers and part-timers**

You can offer a financial reward to the leaders at the suburban camp for their work. For rovers and rangers, this opportunity can represent a meaningful summer job. The recommended remuneration for the Work Performance Agreement (WPA) is 100 - 150 CZK/hour, i.e. 4,000 - 6,000 CZK/week (with 40 hours worked). Expenses for leaders' rewards can be covered by a contribution from the Laskavo scout financial support program (see Financial support for camps).

If you do not have experience with covering personal expenses (salaries, DPP) and you are organizing a suburban camp, do not hesitate to contact us at [ukrajina@skaut.cz](mailto:ukrajina@skaut.cz) , we will be happy to advise you.

## **Communication (How to inform about the camp)**

### **Communication with Czech parents, why integration camps are good**

Parents may have questions about why it is a good idea to register their child for an integration camp and why they have to pay for the camp, unlike parents of Ukrainian girls and boys (in case you use the option of allowance for Ukrainian children - see Financial support of camps). We believe that you can best judge for yourself how to explain this situation to them, however we offer a few arguments:

- By providing a place in the camps, we will help Ukrainian child refugees to better socialize into the surrounding society, find friends and spend their time meaningfully during the holidays.
- Czech girls and boys will have the opportunity to get to know another culture, strengthen communication skills, learn to help and support those who need it.
- In contact with someone from a foreign environment, they become more open, more empathetic and can break down prejudices against others that they may have acquired.

- Ukrainian families often do not have the facilities to use for babysitting, so a suburban camp can be one of the few ways for mothers to go to work during the holidays.
- The financial support of Ukrainian girls and boys is supposed to cover other costs of the camp and it is up to the camp organizers how to use it.

### **Leaflet inviting Ukrainian and Czech children to camp**

Design of a flyer for suburban camps, where you can add information about a specific camp (date, place, for whom the camp is intended, etc.) to the vacant space. Download and print in [pdf](#) and [image](#) version. Such a leaflet will find its place in schools, employment offices, municipal offices, regional assistance centers, Orthodox or Greek Catholic churches, larger accommodation facilities, waiting rooms of pediatricians or other contact centers for refugees.

## Program blocks for meetings, trips and camps

Below you will find tips and ideas for games and activities that require no or minimal knowledge of Czech and can therefore be used (not only) at suburban integration camps with Ukrainian boys and girls.

For many activities, we only include a link to already explained games or prepared programs.

When choosing a program, keep in mind the experience of Ukrainian girls and boys. The use of sirens and similar signals, activities that cause tension and stress, evoking elements of war are to remain aside.

Did any game work for you? On the other hand, do you think any game is inappropriate or do you know an alternative? We will be happy if you edit the document, add your own activities or comment.

Add according to the pattern:

Name of the game/activity

- time / in which environment it fits
- activity needs
- activity description

# Getting to know each other

## Games

### Networking

- 15 min / independent of the environment
- Needs: a ball of string
- <https://www.hranostaj.cz/hra1424>

### Guess who

- 20 min / independent of the environment
- <https://www.scouts.org.uk/activities/guess-who/>

### Paint me

- 25 min / to the clubhouse
- Needs: papers, crayons
- <https://www.scouts.org.uk/activities/top-troop-face-off/>

## Handicrafts

### A rainbow about me

- 30 min / clubhouse
- Needs: colored papers, papers, markers, glue, scissors
- Everyone cuts out a cloud on which they write their name. Then he cuts out 6 rainbow strips, and for each strip we come up with a question to which they have to write the answer on the strip (for example, age, where they are from, draw a favorite animal/food, etc.)



# Development of cooperation and interpersonal relations

## Games

### Tower of Babel

- 25 min / clubhouse
- Needs: matches
- Each player has the same number of matches. It builds a tower of matches by players adding one match to the pile one at a time. As soon as the tower falls, the player who last added a match must take all the fallen matches and continue. The winner is the one who gets rid of all the matches first.

### Mirrors

- 15 min / independent of the environment
- The pair stand opposite to each other - one moves slowly (in place), changes facial expressions, etc., the other tries to mirror the movements and expression of the first as accurately as possible. At the command "change", the game stops and the roles are exchanged.

### Chain

- 20 min / independent of the environment
- The group stands in a circle, closes their eyes and everyone puts their hands up. With eyes closed, they go inside the circle and grab someone else with outstretched hands. Everyone's eyes open and they are intertwined. The task of the group is to untangle without untying the hands.

### Paint for only 10 seconds

- 15 min / independent of the environment
- Needs: markers, large papers
- <https://www.hranostaj.cz/hra4096>
- We don't say the objects that need to be painted, but we show them printed.

### Blowing a balloon

- 20 min / independent of the environment
- Supplies: inflatable balloons
- <https://www.hranostaj.cz/hra4007>

### Submarines

- 15 min / independent of the environment
- Needs: scarves
- The participants are divided into groups and all except the last one blindfold themselves with a scarf. They grab each other's shoulders and thus form lines in groups. The last in the line sees and will steer the others. A tap on the right shoulder means an instruction: *go right*, on the left shoulder: *go left*, tapping both shoulders at the same time means: *go forward*. The submarines start their cruise together and try not to bump into each other. The last two submarines win. *To make the game more difficult, the middle member of the submarine can have one hand raised like a periscope and can only use one hand to tap the shoulders.*

### Clinking

- 20 min / clubhouse
- Needs: coins
- Two teams sit opposite each other at the table. The first has his hands under the table and hands over the crown. After a while someone from the second team says: "Hands up - Hands down" and the first team must put their hands on the table so that it is not clear who has the coin in which hand. When the coin is slapped on the table, it makes a tinkling sound, which can be a clue. They argue in which hand the coin is hidden.

### Tactile mail

- 20 min / clubhouse
- Needs: chair, paper, pencil, paper with simple pictures
- <https://chystamprogram.skaut.cz/hledat-aktivitu/muj-domov/moje-druzina/715-hmatova-posta-fax>

### Architects

- 20 - 30 minutes / clubhouse
- <https://www.hranostaj.cz/hra4002>

### Map folding

- 30 - 40 min / outside
- <https://chystamprogram.skaut.cz/hledat-aktivitu/moje-kamaradstvi/komunikace-mezi-lidmi/820-ziskani-a-skladani-mapy-obrazku>

### Lava

- 25 minutes / outside
- <https://chystamprogram.skaut.cz/hledat-aktivitu/moje-kamaradstvi/pomoc-druhym/822-ziskani-vlajcecek>

## Handicrafts

### Bake a strudel together

- 40 min / clubhouse with kitchen
- Needs: apples, cinnamon, sugar, puff pastry, knives, graters, raisins
- We divide the participants into groups and each group has the task of baking one strudel. It is up to the parties to decide what their strudel will look like. The creations are then baked and eaten as a snack.

### Common picture

- 30 min
- Needs: paints, crayons, markers, large paper min. A0
- We hang up a large piece of paper and let the participants each paint a part of the picture (they can improvise or, on the contrary, stick to the given theme).

### A glass of friendship

- 40 min / clubhouse

- Needs: snack jars/small mason jars, paper, stationery
- Each participant paints and decorates their friendship glass with acrylic paints, ribbons, beads, etc. While the glasses are drying, everyone writes or paints what they like about the other or what they experienced together. Participants will be able to read the messages at home.

#### Friendship bracelets

- 30 min / clubhouse
- Needs: scissors, fishing line, beads, letter beads
- Have each participant create a bracelet with a word that relates to friendship and friends. Each participant then donates their bracelet to someone.

# Handicraft activities

## Animals made of beads / Angel made of beads

- 30 min / clubhouse
- Needs: fishing line, instructions, beads, wire
- <https://koralky.stoklasa.cz/zviratka-z-koralku-2d-i-3d-x2c011894>
- <https://www.ceske-koralky.cz/navody-na-koralkovani/navod-na-koralkovani--andilci-z-koralku/>

## Rabbits from socks

- 30 min / clubhouse
- Needs: ribbons, socks, rice, jute string, scissors, permanent marker
- <https://www.youtube.com/watch?v=gigTWcq6nFk&t=88s>

## A stand for a photo

- 30 min / clubhouse
- Needs: varnish, acrylic paints, brushes, wire, stones
- Each participant finds a stone, which they then color to their liking. Then we wrap the wire around the stone several times and create a loop at the top, where we can insert a photo or a piece of paper with a note



## Candlesticks from cans

- 40 min / clubhouse
- Needs: a can for each participant, nails, hammers, candles, papers, cardboard, spray paint
- Everyone draws their candlestick design on paper. We then attach the design to the can with a scotch tape. By hammering nails, we create holes in the can according to the template. Then we take off the template, spray the candlestick with paint and let it dry. Insert and light the candle.



## Fashion Show

- 40 min
- Needs: non-traditional pieces of clothing, fabrics, jewelry
- Each group must create a fashion model on a given theme on one participant. Then follows a demonstration and description of the model.

# Desk games

## Code names

- 30 min / clubhouse
- the possibility to get a free Czech-Ukrainian version
- more information: <https://codenamesgame.com/cz/>

## Bilingual memory game

- 20 min / independent of the environment
- free to download for example
- [https://respekt.mgwdata.net/kuigps/2022/03/37-40-r11\\_git59.pdf](https://respekt.mgwdata.net/kuigps/2022/03/37-40-r11_git59.pdf)
- [https://www.obchudekvendula.cz/fotky82432/ZDARMA/ukrajina\\_pexeso%20\(1\).pdf](https://www.obchudekvendula.cz/fotky82432/ZDARMA/ukrajina_pexeso%20(1).pdf)

## Black Peter

- 20 min / independent of the environment
- You don't have to talk during the game and just draw cards.
- Cards are dealt to everyone in the same number if possible. Anyone holding a pair of matching cards puts them aside on the table. The player to the dealer's left starts. He draws one card from a player to their choice, without seeing what the cards are, which he places among his cards. If he gets two identical cards, he puts them aside immediately. The game continues like this over and over. The winner is the player who gets rid of all the cards from his hand first. However, the game does not end there. The pairing continues until only the player with the black Peter card remains in the game. This last player loses the game.

## Everyone has their place

- 30 min / independent of the environment
- <https://casopisy.skaut.cz/svetylko/1061#p18>

## Movement games

### Pipe

- 15 min / clubhouse
- Needs: a classic ticking alarm clock (although it can be replaced with an alarm clock on a mobile phone, but it is necessary to play some sound quietly on it at the same time, preferably ticking).
- The challenge is to find the bomb/alarm clock hidden in the clubhouse before it explodes. Set the alarm time for 2-3 minutes, hide the alarm well and let the group search. Variation: Play blindly.

### Cube chase

- 15 min / clubhouse
- Need: dice
- We need two dice. Everyone sits around the table and two people sitting opposite each other get the dice. One number is chosen and a “punishment” (ideally a funny one) will be determined. After starting, everyone must roll the chosen number and pass the dice on. This is how the dice are chased until the one cube “catches” the other one so both dice will appear in one player. This player then receives a punishment.

# Nature

## Games

### Natural environment

- 25 min / independent of the environment
- Needs: paper, marker
- <https://www.scouts.org.uk/activities/habitat-hunt/>

### Color palette

- 20 - 30 min / outside
- Each child gets a printed palette to paint with different colors on it. Each participant of the camp tries to find natural objects in the colors on the palette.

## Activities

### Brewing tea

- 20 min / outside
- On a walk, we collect herbs, name them, tell each other what they are good for, and then make tea out of them, which we drink together.
- Make sure you know what you're cooking with and only pick herbs that you're sure are edible.

## Handicrafts

### Watercress characters

- An activity for the beginning of the camp, so that the watercress has time to grow.
- 30 min / clubhouse
- Needs: yogurt cups, watercress seeds, cotton wool, water, marker for signing the cups
- We can decorate the cups beforehand with permanent markers, knowing that the watercress can then represent the hair and the yogurt cup will become the face there. Line the bottom of the cup with toilet paper. Then we put cotton wool in the cup (about  $\frac{3}{4}$  height), sprinkle the seeds, press them slightly into the cotton wool and water it every day.

### Old forest in a glass

- 30 min / outside
- Needs: glasses, natural products
- <https://chystamprogram.skaut.cz/hledat-aktivitu/priroda-kolem-nas/poznavani-prirody/599-vypestuj-si-prales>

### A zoo

- 20 - 40 min / outside
- Needs: glue, leaves, twigs, other natural materials, hot melt gun

- We collect various materials in the forest and with the help of glue, each participant creates a min. one animal. Then we will make a camp zoo.



# Orientation

## Games

### Ships

- 15 min / independent of the environment
- A game to practice the sides of the world. First we will repeat them and learn them. Before the game we make sure everyone knows where the world side is. In the clubhouse or outside, we will mark a place where the north, the south, the west and the east will be. Each participant is a sailor and starts at a place of their choice. The leader shouts the direction for everyone to run to the place where this direction is marked. The last person to run to the spot is eliminated or do 10 lunges/squats to play again. The directions can also be changed while the sailors are moving to a certain place, or the game can be made more complicated and the direction can be determined as northeast/southwest, etc.

## Activities

### Show the city to Ukrainian girls and boys

- 45 min / city
- <https://chystamprogram.skaut.cz/hledat-aktivitu/co-umim-a-znam/budme-pripraveni/729-orientace-na-mape-ii-praxe>

### Tourist signs

- program block
- 120 min / outside
- <https://chystamprogram.skaut.cz/programove-bloky/doporucene/turisticke-znacky-2>

# Learning about cultures

## Activities

Cook national food together

- 90 min / clubhouse with kitchen
- Cook borscht or “svíčková” (Czech national dish) together and have it for lunch.

# Musical activities

## Games

### Head Shoulders Knees Toes

- 20 min / independent of the environment
- The game is ideal for learning new Czech words.

### Ram sam sam

- 15 min / independent of the environment
- Song Melody and Movements: <https://www.youtube.com/watch?v=zBttxAMxaXE>
- Alternance: [https://cs.wikipedia.org/wiki/A\\_Ram\\_Sam\\_Sam](https://cs.wikipedia.org/wiki/A_Ram_Sam_Sam)
- We sing the words and do the movements. We are gradually accelerating.

### Orchestra

- 20 min / independent of the environment
- We will divide the participants into 4 to 5 groups. Each group chooses an instrument that they will play imaginarily or we will assign each group a sound that they will make (e.g. "pam pam pam, cvrk cvrk, aaaaaú, etc.). One conductor (preferably a Scout leader for the first time) then leads this orchestra - he can silence the groups completely or correct their volume. We can assign movements on how to lead the orchestra together. When everyone understands the play, one of the children can become the conductor. You can also use (made) tools, see below.

### In the jungle

- 20 min / independent of the environment
- Needs: Printed song lyrics
- A song from The Lion King, to the tune of Lion sleeps tonight
- We will teach all the children the lyrics so they can sing them. We sing the verse normally and on "wim o eh o wim o eh o" we start twisting our butt to the rhythm and after each line (2 "wim o eh") we turn 90 degrees.
- Text:

In the jungle, the mighty  
jungle, the lion sleeps tonight.  
In the jungle, the quiet jungle,  
the lion sleeps tonight.

wim o eh o wim o eh o (8x)

Near the village, the peaceful  
village, the lion sleeps tonight.  
Near the village, the quiet  
village, the lion sleeps tonight.

wim o eh o wim o eh o (8x)

## Activities

### Mini concerts

- 20 min
- Needs: various musical instruments
- Take different musical instruments and have participants practice short sets in pairs/trios, ideally playing the instruments together. Then have them demonstrate the assembly to others. You can also use self-made tools, see below.

## Handicrafts

### Make your own instruments

- 30 min / clubhouse
- Supplies depend on the instruments: balloons, rubber bands, cans of various sizes / paper plates, string, bells, hole punch / glasses, spoons, water, food coloring / straws, cardboard / glasses, rice, beans, filling lens
- Xylophone, tin drums, tambourine -<https://www.learningliftoff.com/make-homemade-music-with-these-6-diy-instruments/>

*Or*

- We will take canning jars and let the participants paint them with tempera/acrylic paints. Then fill the glasses halfway with rice/beans/lentils, etc. Close the glass and use it while singing together or playing the Orchestra game (see above).

# Theater activities

## Games

### Sculptures

- 20 min / independent of the environment
- Some of the children, or perhaps pairs or trios of children, create a »statue« - they stand in an interesting position and remain motionless. The other children try to imitate the »sculpture« as well as possible.

### Pantomime (Ukrainian play Krokodyl)

- 20 min / independent of the environment
- Needs: flashcards with pictures what to demonstrate
- One participant is chosen to draw a picture and then silently try to show the others what is in the picture so they can guess it. The subjects in the picture may vary in difficulty depending on the age of the participants.

### Pyramid

- 25 min / independent of the environment
- The group chooses the order in which they will join the stage. A couple will start. They will start a play together (without words, depending on the level of understanding of Czech among Ukrainian children). If that would be too difficult, it is enough if they move together in some way. After the leader claps, the scene freezes, one player disconnects and is replaced by the next in line. After the second clap, play or movement continues. We play like this until all camp participants have taken turns.

## Activities

### Shadow theater

- 120 min / clubhouse
- Needs: papers, skewers, scissors, cardboard, glue, sheet, flashlight, string/cord
- In the group, the children either invent or are assigned a story, e.g. the most famous children's fairy tales (Ukrainian, e.g. [Rukavychka](#), [Telesyk](#), [Kolobok](#) - there are English versions in the links). They make characters out of paper and sticks and rehearse theater (mute or with speaking). A sheet is thrown over the suspended cable, a flashlight is placed on the table behind the sheet. The groups will perform their rehearsed performances.



## Handicrafts

### Toilet roll puppets

- 30 - 40 min / clubhouse
- Needs: toilet paper rolls, colored papers, plastic eyes, glue, markers, scissors, pompoms, hot melt gun
- <https://www.jaksiudelat.cz/jak-si-udelat-loutky-z-toaletnich-rolicek/>

- Children can then practice with the puppets a play and show it to others/parents.

## Tips and recommendations - experiences from the suburban camp for children from Ukraine held in Brno on July 18 - 22, 2022

Maybe it doesn't belong here, but we didn't know where else to share it, so we put it here. :-)

- Put a lot of emphasis on getting to know the instructors, the environment, other children, go very slowly, address expectations, fears so that the children feel safe
- Pay attention to maintaining children attention when interpreting - it is better to say shorter sections and interpret them straight away so that there are no long downtimes
- Children may not be used to participating in an organized program and want to do their own thing, counting on the fact that an interesting environment (garden, playground) can be more attractive than an unfamiliar program
- Children don't have to want to participate in the program, it's good to think in advance how to react to it (e.g. they should always be at the beginning of the program and listen to what's going on, and then they can decide; where they should be when they're not participating in the program, ... ). From our experience, it is good not to pressure children and not force them into the program. Often, when they saw what was happening, they came back to the game themselves, and the children who did not want to participate in the beginning, joined in the following days.
- Have alternatives available for children who do not want to participate in the program (garden, sandpit, one playroom with toys, coloring books, etc.
- Establish a clear signal for convening (e.g. a bell), which everyone must always come to.
- Give a briefing with volunteers / workers every day and discuss what will happen. Ideally, to have someone who thinks about how the people in the team are doing and if they are fine and don't need to rest, etc.
- Having an interpreter into Ukrainian who will ideally also be able to solve problematic situations with children.
- Have a list of participants with the names of the people who are supposed to pick up the children and their contacts and one person who will deal with the arrivals and departures of the children (with us, they always signed when leaving with the children and showed the documents on the first days).
- Do not cook and order food from some establishment that cooks for suburban camps.
- Expect a lot of kids to drop out. Or ask for confirmation before the camp that they will really participate.

- We offered the possibility of babysitting before the beginning and after the end of the program, in which case we recommend that you find volunteers to babysit for this time (other than the camp leaders) and introduce them to the children.
- Have a shout at the start and end of the day.
- We had a light symbolic framework on the theme of sailors and treasure hunts, which worked.