

Carol's Countdown – 3 months to go!

The preparations for the trip to Austria this summer are heating up, the 12 months since we launched information on the trip has flown passed. Just before Easter, I visited the Media Information and Training evening for the young spokespersons coming to Austria. As any volunteer adult within scouting or guiding will probably agree, it is very easy to get stuck at a computer screen or filling in important documents in preparation for events and lose sight of why you started, the enthusiasm of everyone that evening brought back into focus for me why I applied for the role, so thank you.

We have now received about 65% of the forms we requested back by 31st March, come on you stragglers don't make Sue or Adrienne chase you....you wont like it! Once we have

all the activity forms collated we will then be working with Jeka to produce your timetables. The merchandise orders are now starting to flow through, t-shirts, hoodies, scarves and mugs being very popular. Please contact Gill Fuller on 2010shop@glscouts.org.uk for a brochure, order form or if you require more details.

We are still recruiting for additional staff for the event to assist with activity ratios and village teams, if anyone is interested please contact Adrienne or me on 2010activities@glscouts.org.uk or 2010manager@glscouts.org.uk

And finally..... keep fit, keep smiling and keep your forms coming in on time :-)
Carol Jackson

Get Kitted



YOUR PASSPORT & EHIC (European Health Insurance Card)

- Rucksack/Kitbag or Suitcase, Suitcase is preferred for storage purposes but do not go out and buy one just for this trip a Rucksack is fine
- 1 x single sheet. 1 x Duvet Cover
1 x pillow cover
- Small Day Rucksack
- Strong Bin liner / Rucksack inner (*waterproof*)
- Trainers
- Walking Boots or footwear with strong ankle support (*Ensure these are broken in*)

- Plasters / Compede (*for blisters*)
- Thick socks
- 3 x One litre drinking bottles
- Waterproof Coat & Trousers
- Sun Hat, Sun glasses, Waterbottle & sun block
- Multiple Socks, Underwear
- Shorts / Trousers or tracksuit bottoms
- Multiple T-shirts / Shirts
- Multiple Sweatshirts / Jumper
- Pyjamas / Nightwear
- Cub / Scout Uniform (to be worn during travel)
- Swimming trunks/costume
- Towel

- Toiletries (shampoo, flannel or sponge, soap toothbrush & toothpaste hairbrush or comb)
- Handkerchiefs or tissues
- Tea Towel
- Torch (& spare batteries)
- Pen
- Plastic bag for dirty clothes
- Euro's - no limit but there are very few places to spend.

It is recommended that all items must be marked using indelible ink with the Cub/Scouts name.

Do not take mobile phones or anything valuable

**URGENT
SAVE THE DATE**

Countdown to Austria Picnic

**Sunday 11th July 2010,
Venue: Kemnal Technology College,
Orpington (10.45am - 3.15pm)**

More details will follow but this is an important date for everyone's diaries - for all participants and parents!

Payment Reminder

If you haven't paid your next instalment of £100 per person it was due on 31st March!

Reminder of all payment dates:

- £100 – 31st March 2010
- £100 – 14th May 2010

Please try to send your payments through as a group on one cheque, rather than 32 individual ones, otherwise our treasurer will be banking over 2000 each time, creating a great deal of extra work. You wouldn't want to be stuck behind him in the queue!

Cheques should be payable to:

GLSE Scouts

Send to: 2010 Treasurer,
Russell Zapple, 34 Beaumont Road,
Petts Wood, Kent, BR5 1JJ

Coat of arms of Austria



The current coat of arms of Austria, albeit without the broken chains, has been in use by the Republic of Austria since 1919. Between 1934 and the German annexation in 1938 Austria used a different coat of arms, which consisted of a double-headed eagle. The establishment of the Second Republic in 1945 saw the return of the original (First Republic) arms, with broken chains added to symbolise Austria's liberation.

Food for thought

A good link to help run an Austrian cooking evening in order to get your group into the spirit. and give them a taste of Austria.

<http://www.aboutaustria.org/recipes/recipes.htm>

Community Project - Austria 2010



I'm heading up the Community Project Team working with my husband Stuart, George Buist & Paul Cosgrave. During our Austria Expedition all participants will be taking part in a Community Project for half a day which will be planned into your individual Groups' programmes. Stuart & I were lucky enough to have a week off recently so made a trip out to Lechtal and met up with Birgit



Koch, who works with school projects within the Naturpark Tiroler Lech.

Since 2004 the nature reserve of Tiroler Lech has been an officially recognised nature park, characterised by the River Lech. With an area of around 41km², the nature park is located in the

northern Kalkalpen (Chalk Alps), embedded between two mighty mountain ranges – the Lechtal Alps in the South East and the Allgäu Alps in the North West. The Lechtal Valley is one of the last near-natural alpine river valleys of Austria.

All of the villages in which we will be staying are situated in the Lech Valley and are within the boundaries of the park so there won't be far too travel. Birgit will be tailoring work projects that will be appropriate to the ages of the young people and adults on our 2010 Expedition and she has said it won't all be work and that we will all be able to have guided walks in the park too. Although Birgit has a plan of her work for the year, this is all dependent on the weather, so we won't be able to know the finer details until much nearer the time but we know that it's likely to be conservation or maintenance work such as footpath clearing in the wonderful nature park.

We were in Stanzach for 3 nights. The valley is beautiful with some breathtaking scenery. What made the trip special was that whilst we were there it was snowing and so we're looking forward to returning there in the summer and seeing it without the snow. *Gwyn Muckelt*

Are you fit for Austria? Part two

Now that you have the warm up down it is time to start walking. Although we all walk everyday, most will not have done any distance at any one time. This is where the preparation comes in. By going for short walks in the next few months, you will all find it easier following these steps.

CLOTHING: Above all else make sure its comfortable, your leaders can advise you on the do's and don'ts of what to wear but from a 'remaining fit' point of view make sure it is light. Wearing lots of layers will make you sweat fluid and energy out of you quicker and that won't help. We are going to be walking in summer, but the weather can change in an instant from 80 degrees and sunny to 50 degrees and heavy rain, sometimes with little warning. So above all, a good waterproof jacket is a must. There are lots on the market but make sure it is a good fit for you and test it out first in the shower at home! A lightweight fleece top and a thin base layer are the other pieces of top layers. You will often just walk in your t-shirt and waterproof. The fleece is really there for added warmth if you feel cold.

FEET: This is the critical one. All build up training walks should be done in the boots you are going to wear in Austria. Look after those feet though, always double layer your socks, keep your nails short and your feet infection free to help avoid blisters. Never use talcum powder. It is very important to keep your feet dry and avoid deep puddles and streams if you can. Always carry at least one pair of socks in a sealable food bag in your rucksack.

FITNESS PREPARATION: Once you have your boots and bag packed the best form of training for a hike is to go out in the kit near your home. Get comfortable wearing it and build up the distance and time you are out. During this time maintain a brisk pace to feel slightly breathless, but rest regularly, drink water and do the stretches from the last issue before and after the walk to avoid injury.

Basic German - Part One

If you're going to be in a German-speaking country for a long period of time, it's obvious you'll need to know some German.

Well, courtesy and politeness are a valuable asset in any language. The basics should include "please," "excuse me," "sorry," "thank you," and "you're welcome." But that's not all. We have prepared a short list with the most important basic German phrases for a traveller or tourist. They are listed in approximate order of importance, but that is somewhat subjective. I just happen to think that "Wo ist die Toilette?" is more important than "Ich heisse..."

Ich is not actually pronounced ikh, unless you are speaking a northern dialect of German. If you are speaking a southern dialect, then it is more like ish.

Guten Morgen <i>goot-en mor-gen</i> Good Morning	Guten Tag <i>goot-en tahk</i> Hello/Good Day	Guten Abend <i>goot-en ah-bent</i> Good Evening
Gute Nacht <i>goot-eh nakht</i> Good Night	Tag / Hallo / Servus <i>tahk / hah-loh / sair-voohs</i> Hi / Hello / Hi & Bye (Southern Germany & Austria)	Auf Wiedersehen <i>owf vee-dair-zayn</i> Goodbye
Grüß dich / Grüß Gott! Hello! / Greetings! (Southern Germany & Austria)	Tschüs / Tschau <i>tchews / chow</i> Bye!	Gehen wir! <i>geh-en veer</i> Let's go!
Bis später <i>biss shpay-ter</i> See you later	Bis bald <i>biss bahlt</i> See you soon	Bis morgen <i>biss mohr-gen</i> See you tomorrow
Bitte <i>bih-tuh</i> Please	Danke (schön / sehr) <i>dahn-kuh shurn/zair</i> Thank you	Bitte schön <i>bih-tuh shurn</i> You're welcome
Es tut mir leid. <i>ehs toot meer lite</i> I'm sorry	Entschuldigen Sie <i>ehnt-shool-dih-gun zee</i> Excuse me	Verzeihung Pardon me
Wie geht es Ihnen? <i>vee gayt es ee-nen</i> How are you? (formal)	Wie geht's? <i>vee gayts</i> How are you? (informal)	(Sehr) Gut / So lala <i>zair goot / zo lahlah</i> (Very) Good / OK
Schlecht / Nicht Gut <i>shlekht / nisht goot</i> Bad / Not good	Es geht. <i>ess gate</i> I'm ok. (informal)	Ja / Nein <i>yah / nine</i> Yes / No
Wie heißen Sie? <i>vee hie-ssen zee</i> What's your name? (formal)	Wie heißt du? <i>vee hiesst doo</i> What's your name? (informal)	Ich heiße... <i>ikh hie-ssuh</i> My name is... [I am called...]
Es freut mich. <i>froyt mikh</i> Pleased to meet you.	Gleichfalls. <i>glykh-fals</i> Likewise.	Herr / Frau / Fräulein <i>hair / frow / froi-line</i> Mister / Misses / Miss
Woher kommen Sie? <i>vo-hair koh-men zee</i> Where are you from? (formal)	Woher kommst du? <i>vo-hair kohmst doo</i> Where are you from? (informal)	Ich komme aus... <i>ikh koh-muh ows...</i> I'm from...
Wo wohnen Sie? <i>vo voh-nen zee</i> Where do you live? (formal)	Wo wohnst du? <i>vo vohnst doo</i> Where do you live? (informal)	Ich wohne in... <i>ikh voh-nuh in</i> I live in...

English	German	Phonetically	English	German	Phonetically
and	und	<i>oont</i>	isn't it?	nicht wahr	<i>nikht vahr</i>
but	aber	<i>ah-ber</i>	too bad	schade	<i>shah-duh</i>
very	sehr	<i>zair</i>	gladly	gern	<i>gehrn</i>
or	oder	<i>oh-der</i>	immediately	sofort	<i>zoh-fort</i>
here	hier	<i>here</i>	sure(ly)	sicher(lich)	<i>zikh-er-likh</i>
also	auch	<i>owkh</i>	but, rather	sondern	<i>zohn-dehrn</i>
both	beide	<i>by-duh</i>	finally	schließlich	<i>shleess-likh</i>
some	etwas	<i>eht-vahss</i>	right!	stimmt	<i>shtimt</i>
only	nur	<i>noor</i>	anyway	überhaupt	<i>oo-ber-howppt</i>
again	wieder	<i>vee-der</i>	enough	genug	<i>guh-nook</i>
hopefully	hoffentlich	<i>hoh-fent-likh</i>	exact(ly)	genau	<i>guh-now</i>
between	zwischen	<i>zvish-en</i>	sometimes	manchmal	<i>mahnch-mal</i>
therefore	deshalb	<i>des-halp</i>	always	immer	<i>im-er</i>
a lot, many	viel(e)	<i>feel(uh)</i>	never	nie	<i>nee</i>
really	wirklich	<i>veerk-lish</i>	often	oft	<i>ohft</i>
together	zusammen	<i>tsoo-zah-men</i>	of course	klar	<i>klahr</i>
all	alle	<i>ahl-luh</i>	perhaps	vielleicht	<i>fee-likht</i>
now	jetzt	<i>yetst</i>	a little	ein bisschen	<i>ine biss-khen</i>
so	also	<i>al-zoh</i>	a little	ein wenig	<i>ine vay-nikh</i>
another	noch ein	<i>nohkh ine</i>	not at all	gar nicht	<i>gar nikht</i>
already	schon	<i>shone</i>	not a bit	kein bisschen	<i>kine biss-khen</i>

English	German	Phonetically
Monday	Montag	<i>mohn-tahk</i>
Tuesday	Dienstag	<i>deens-tahk</i>
Wednesday	Mittwoch	<i>mit-vock</i>
Thursday	Donnerstag	<i>don-ers-tahk</i>
Friday	Freitag	<i>fry-tahk</i>
Saturday	Samstag	<i>zahms-tahk</i>
Sunday	Sonntag	<i>zon-tahk</i>
day	der Tag (-e)	<i>dehr tahk</i>
morning	der Morgen (-)	<i>mawr-gun</i>
afternoon	der Nachmittag (-e)	<i>nakh-mih-tahk</i>
evening	der Abend (-e)	<i>ah-bunt</i>
night	die Nacht (ä, -e)	<i>nahkt</i>
today	heute	<i>hoy-tuh</i>
tomorrow	morgen	<i>mawr-gun</i>
tonight	heute Abend	<i>hoy-tuh ah-bunt</i>
yesterday	gestern	<i>geh-stairn</i>
last night	gestern Abend	<i>geh-stairn ah-bunt</i>
week	die Woche (-n)	<i>voh-kuh</i>
weekend	das Wochenende (-n)	<i>voh-ken-en-duh</i>
daily	täglich	<i>teh-glikh</i>
weekly	wöchentlich	<i>wer-khent-likh</i>