

Local Games

Country	Estonia
Name of the game	Directing your partner to treasure
Duration of the activity	20 minutes (depending on how far the objects are)
Materials required for the activity	Objects to hide, a compass for each pair, printed out instructions for each pair to the hidden object
Aim of the activity	The partner orientation game: <ul style="list-style-type: none">- develops an understanding of North, South, East and West;- gets participant acquainted with a compass- Improves communication skills
Step-by-step instructions	<ul style="list-style-type: none">● Assign a partner to each participant.● One partner is given a list of instructions and the other a compass.● Different aspects of each pair lead to a specific hidden object that you have previously configured.● The directions, different for each pair, lead to a particular hidden object, which you have previously set out. For example, the instructions include walking two steps north, then jumping three times west, and so on.● The partner with the compass must hear all directions and then use the compass to perform each step. If the instructions lead the other pair to the corresponding hidden object, he or she will pick it up and return it to his or her partner.

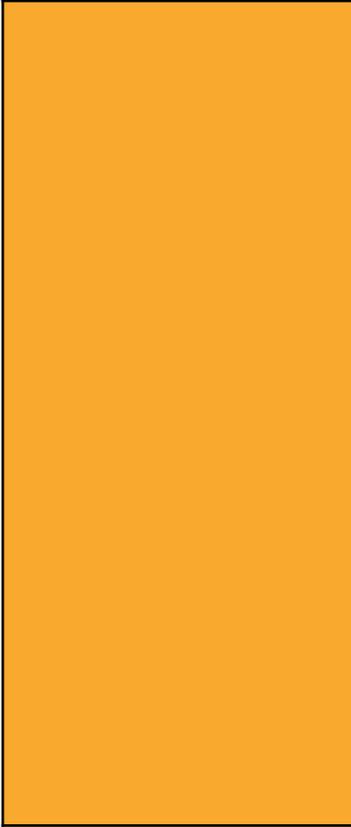
Country	Estonia										
Name of the game	Find my symbols on the map										
Duration of the activity	30 minutes										
Materials required for the activity	2-3 objects (both objects should be unique and small enough to hide), 3 or more sheets of paper, a pencil										
Aim of the activity	<ul style="list-style-type: none"> - Learn to read map quickly. - Get used to symbols - both on the map and for objects. 										
Step-by-step instructions	<ol style="list-style-type: none"> 1. In the beginning of the games, you must create a symbol for each of your objects. Indicate which symbol matches each object. This list of symbols is your key - you can pick your own symbols. <table border="1" style="margin-left: auto; margin-right: auto;"> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <ol style="list-style-type: none"> 2. Place the objects around your space. 3. Draw the symbols on a piece of paper (separate from your key). One person points to a symbol on the paper, and the other must run to the matching object in the space. Participants may refer to the key if they forget which object matches each symbol. 4. Switch roles and play again until both people have visited all symbols and can identify each symbol without using the key. 										
											
											

Country	Estonia
Name of the game	Ant-eaters on an Anthill
Duration of the activity	As long as you want
Materials required for the activity	Nothing
Aim of the activity	One or two people volunteer to be ant-eaters, the rest start out like ants. By tagging them, ant-eaters attempt to stun all of the ants on the anthill—while the ants struggle to avoid the ant-eaters —and rescue their friends.
Step-by-step instructions	<ol style="list-style-type: none"> 1. Start by creating a boundary for play (i.e., the anthill). 2. Use landmarks such as trees or cones to create the ant-hill and have everyone step inside. 3. The ants must avoid the ant-eater and work together to save their ant friends who have been stunned. 4. When an ant is tagged by the ant-eater, the individual sits on the ground and calls for help. 5. Stunned ants cannot move from the spot, but may wave their arms and legs to alert other ants to their situation. 6. To make a rescue, four ants must surround a stunned ant—lock their arms in a circle—and escort the individual of the anthill to a location just outside of the play area. 7. When all four ants have locked into positions for a rescue, they cannot be targeted by the ant-eater. 8. Once an ant has been rescued, he or she returns with the rescuers to the game. 9. Play as many rounds as you wish, and switch ant-eaters frequently.

Country	BULGARIA
Name of the game	FIND AND SOLVE
Duration of the activity	20-40 min
Location	Schoolyard and the adjacent area
Materials required for the activity	<ul style="list-style-type: none"> - 15-20 students, aged 7–9 years - Elementary school teacher
Aim of the activity	<ul style="list-style-type: none"> ● Improving complex thinking and math problem-solving skills ● Improving short-term memory ● Improving physical capabilities ● Improving teamwork and communication skills
Step-by-step instructions	<ul style="list-style-type: none"> ● The teacher takes pictures or makes sketches of different places or objects around the schoolyard or known area ● He/she designs a course that must be covered by the participant by marking the place/object with its picture/sketch. The participant will have to recognize the place/object and find it. Then he will see the next target and repeat the steps until they have found all of the places/objects. ● The teacher marks the places with the second sheet of paper where some math problems must be solved. Example: adding '+2' or multiplying by 'x14' and so on depending on the age and knowledge of the participants. They have to remember the total amount so far and then do the math until the end. The final number will be checked by the teacher. ● The game can be organized as a relay with two or more teams where all the photos/sketches are located at the start/finish and every participant has to go to the chosen place and back as fast as possible while remembering the numbers. Each participant writes down which place he has visited and what is the number so, in the end, they have to visit all the places and do the math exercise.

Country	BULGARIA
Name of the game	MATH AND COMPASS
Duration	30-50 min
Location	Schoolyard
Participants	12-16 students, aged 9 - 12 years Orienteering trainer and/or schoolteacher with compass skills
Materials required for the activity	<ul style="list-style-type: none"> • Orienteering flags to mark the controls (might be something else) • Compasses with degrees (one for each team) • Printed math equations with answers corresponding to the compass degrees (0-360) (a sheet of paper for each student)
Aim of the activity	<ul style="list-style-type: none"> • Improving math problem-solving skills • Improving compass skills • Improving physical capabilities • Improving teamwork and communication skills
Step-by-step instructions	<ul style="list-style-type: none"> • Students are divided into two (or more) teams. Each team gets from the teacher a compass and each student gets a math equation to solve (based on their age and knowledge) when his/her turn comes. The answer of the equation gives each student a number equal to the compass degrees he has to follow to find the correct control point. When ready with the equation he/she goes to the centre of "the circle with the controls" and uses his compass to find the direction to the correct control. The teacher has to check if each student goes to the correct control corresponding to the math equation he received. The student then goes to the control as fast as possible and goes back to his team to hand over the compass to the next runner. Then the next runner from the team also receives a math equation and the procedure follows until the last one from the team has found the control. The fastest team wins. • The teacher prepares a certain number of math equations with answers between 0 and 360 which correspond to the compass degrees (direction from the centre) for each control he has to set. • Some controls can be visited more than once so their number doesn't have to correspond to the number of students.

Country	BULGARIA
Name of the game	HEALTHY LIFESTYLE OUTDOOR CHALLENGE
Duration	60 – 90 min
Location	Out-of-school green areas
Participants	<ul style="list-style-type: none"> ● 15 - 20 students, aged 10 – 13 years ● Biology teacher (game leader) ● Orienteering trainer (if orienteering tasks are included)
Materials required for the activity	<ul style="list-style-type: none"> ● Compass for each searching group (if orienteering tasks are included) ● Printed instructions for orienteering (if orienteering tasks are included) ● Printed 5 healthy lifestyle leaflets for each team. ● Printed healthy lifestyle quizzes for each team. ● Printed logos for each team (designed by the students)
Aim of the activity	<ul style="list-style-type: none"> ● Promoting healthy lifestyle values and knowledge. ● Integrating biology curriculum with its practical implementation in the leading healthy lifestyles ● Improving short-term memory ● Improving basic physical capabilities and outdoor orienteering skills ● Improving communication and teamwork skills
Step-by-step instructions	<ul style="list-style-type: none"> ● Students meet in a specific green area (eco-park, forest, adventure park, garden centre etc.). They are asked to split into teams of 2 or 3. ● The Biology teacher leads a short discussion on the values of leading a healthy lifestyle ● He/she presents the game rules and targets. Students must split into teams of 2 or 3. Each team receives a list of instructions on how to find 3-5 healthy lifestyle leaflets which are spread around the outdoor game setting in five green boxes. After reading and memorizing the leaflets they will return to the starting point and solve a quiz by applying the new knowledge about having a healthy outdoor lifestyle. According to their age, students can be asked to use orienteering tools or to simply follow specific signs (coloured plates or flags).

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- Then the orienteering trainer gives instructions on how to use the orienteering instructions and tools (e.g. compass)..
 - After finishing the instructions, the game leaders answer student questions if any.
 - When they find each of the boxes, teams must read and remember as much data and facts as possible from the leaflets. Then they must move to the next box and leave the leaflets behind in the boxes where they have found them.
 - After finding the five boxes and carefully reading the content of the leaflets, students will return to the starting point where they must solve a quiz. For 12+ students the quiz can also include some practical task for putting their newly acquired knowledge into practice.
 - If appropriate for the students' age, the teams with the best quiz scores can receive a prize. Additionally, the activity can also be followed by a group discussion about the advantages of the new knowledge and skills acquired during the game.

Country	BULGARIA
Name of the game	ECO MISSIONS
Duration	60 – 90 min
Location	The outdoor green urban area
Participants	<ul style="list-style-type: none"> ● 20 – 30 students, aged 14 – 18 years ● Biology/geography teachers (team leaders) ● Volunteers - experts in ecology, gardening, green engineering etc.
Materials required for the activity	<ul style="list-style-type: none"> ● Printed group task sheets ● A short guide on local ecosystems, risks and challenges ● Observation protocol ● Printed logos/team T-shirts for each group
Aim of the activity	<ul style="list-style-type: none"> ● Critical thinking on risks and challenges related to local ecosystems. ● Social involvement and creativity in finding and implementing possible solutions for improving the environment. ● Improving students' awareness and sensitivity to ecological problems and risks caused by humans.
Step-by-step instructions	<ul style="list-style-type: none"> ● The team leaders do a short overview of the typical challenges for the local ecosystems in cities/towns – e.g. pollution, elimination of animal species or plants, deforestation, ineffective separation of waste etc. If possible, some pictures of problem areas can be presented to the students. ● They then ask the students to split into teams of 3-5 and each group receives a map of a specific area in the designated city park, schoolyard, local forest etc. Each team must investigate its assigned area and identify current problems and risks for the local ecosystems by using their knowledge and skills from biology/science classes. They capture their observations by filling in an observation protocol. ● After finishing the observation activities each team discusses the possible solutions for each identified problem or risk. ● All groups return to the starting point and share their experiences with others. ● If appropriate to the age and the group characteristics, some competitive tasks can be integrated into the game.

Country	Austria
Name of the game	Orienteering Biathlon
Duration of the activity	30-60 minutes preparation at the first time 15 - 60 minutes activity time (depending on how many control points and how long the course is)
Materials required for the activity	“COMPASS Orienteering” smartphone app
Aim of the activity	The Orienteering biathlon: <ul style="list-style-type: none"> - Promotes the ability to orientate. - Gets participant acquainted with the COMPASS app. - Improves subject’s specific knowledge on which the tasks/questions focus on. - Promotes endurance.
Step-by-step instructions	<ol style="list-style-type: none"> 1. Create an account at the following website: (https://compass.schmelz.univie.ac.at/). 2. When you are logged in, create a course by setting the control points on the map. Add questions or tasks to some of the control points. Subsequently, create a new session of this course with GPS mode. 3. Students/ athletes have to download the “COMPASS Orienteering” app on their Android Smartphone 4. Go with the students to the start of the defined course. 5. Now, the students can run the course. The aim is to run the course as fast as possible, without any wrong answers at the control points. 6. When everyone has finished the course, go back to the website where you created the run. For each wrong answer or if the task was not fulfilled, add 30 seconds to the total run time. 7. At the end, the student/athlete wins the game who was the fastest (including the possible penalty time of the questions/tasks).

Country	Austria
Name of the game	Taxi game
Duration of the activity	30-60 minutes activity time (depending on how far the “taxi drives”)
Materials required for the activity	City map, String, activity tracker (step counter) or “COMPASS Orienteering” App
Aim of the activity	The taxi game: <ul style="list-style-type: none"> - Promotes the ability to orientate in a city. - Promotes the ability to read maps. - Physical activity is promoted.
Step-by-step instructions	<ol style="list-style-type: none"> 1. One student plays the taxi passenger. She or he decides where she/he wants to go with the taxi (for example from city hall to the train station). 2. The other students decide where their taxi should drive on a city map and mark the route with a string. 3. The students walk their chosen route with an activity tracker with GPS mode (can also be done with the “COMPASS Orienteering” app, then set a control point just at the start and the end; in the example: city hall and train station) or a step counter. 4. The student, who chose the shortest route wins and can play the passenger in the next round. 5. When using a step counter, the student with the lowest step count wins. However, in this case, a disadvantage is that students who have a longer stride length perform better.

Country	Austria
Name of the game	Memory run
Duration of the activity	30 minutes preparation 20-40 minutes activity time
Materials required for the activity	6 Cards with terms (e.g. different sports) Writing material (5 sheets of paper and 5 pens)
Aim of the activity	The memory run: <ul style="list-style-type: none"> - Promotes cognitive memory retention. - Promotes endurance. - Promotes orientation capability.
Step-by-step instructions	<p>1. Prepare 5 cards with 10 different sports (5 on each side)</p> <p>e.g. Card 1: Football - Tennis Basketball 100m-run - Hockey Swimming - Orienteering Basketball - Volleyball Baseball - Aerobic Marathon</p> <p>Card 2: Table tennis - Badminton - Cricket Ski jumping - Hiking Handball - Waterball Orienteering -</p> <p>Card 3 Surfing - Dancing 5000m-run - Skateboarding Tennis - Badminton Skiing - Climbing Hiking - Dancing</p> <p>Card 4 Golf - Squash Aerobic - 5000m-run Waterball - Baseball Sailing - Tennis Judo - Weighlifting</p> <p>Card 5 Climbing - Baseball Cricket - Handball Squash - Swimming Dancing - Sailing Skateboarding - Judo</p> <p>2. Prepare 1 control card, where all groups are listed. For example Group 1: Cricket – Handball – Waterball – Baseball - Aerobic Group 2: Football – Tennis – Badminton – Cricket – Handball Group 3: Golf – Squash – Swimming –Orienteering-Marathon</p>

Group 4: Skiing – Climbing – Baseball –Aerobic-
5000m-run

Group 5: Ski jumping – Hiking – Dancing –Sailing –Tennis

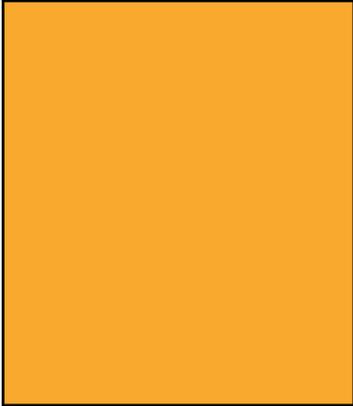
3. Print all 6 cards.
4. Hang up card 1-5 at different locations (e.g. around the school building, gym hall). Card 6 is for the instructor as control.
5. Split up your group into small groups (maximum of 5 groups).
6. Each group gets a piece of paper, a pen and the instruction to find the first sport on their list (e.g. group 1: cricket). They have to find the sport on the left side of the hangup cards. When they found the correct card, the next sport they have to find is the corresponding sport on the right side of the card (the sport to be searched for is always in the left column, the hint to the next target is the right column). All found sports should be noted on the piece of paper.
7. When the group has 5 sports on their paper, they have to return to the starting point to check their result.
8. The group who finished first without errors wins the game

Country	Macedonia
Name of the game	Victoria
Duration of the activity	Not specified (depending on the participants' ability and technique)
Materials required for the activity	Football ball, one goal (improvised, marked with stones or metal construction, but smaller than usually-1,5meters width), an improvised pitch which is defined by lines printed on the ground.
Aim of the activity	- Make one of the competitor's loser, firstly make him a goalkeeper, then, number of goals conceded has to be 5
Step-by-step instructions	<ol style="list-style-type: none"> 1. All competitors make "toe-tapping" with football ball. 2. One who made the smallest amount of toe taps is a goalkeeper. 3. Other players are allowed to touch the ball only ones no matter they are passing or shouting on a goal. 4. If one of the players touch the ball two times or shouts on a goal and it is off-target, the position between him and a goalkeeper is changing (the player who misses is going to be a goalkeeper, and the goalkeeper now is a player). 5. When the goalkeeper conceded 5 goals, he is a loser.

Country	Macedonia
Name of the game	Plan
Duration of the activity	~20 min (depending on teams abilities)
Materials required for the activity	Writing board, pencil, eraser board.
Aim of the activity	<p>There are 2 teams, team A and team B.</p> <ul style="list-style-type: none"> - Team, A aim is to find where is hided team B according to and following the plan which is drawn by team B. - Team B aims is not to be discovered by team A.
Step-by-step instructions	<ol style="list-style-type: none"> 1. Participants forming 2 teams (if there are 8 people, they are making 2 teams of 4 members each team). 2. To find out which team is going to make the plan first and goes to hide, and which team should try to discover another following the plan, they are playing "toss" (throwing coin). 3. Let's say team A wins the toss and it is going to make a plan. 4. Team A is making the "hiding plan" by drawing a route on the writing board. The route is showing the starting point then they are drawing street directions where they planning to go, crossroads, corners, and finally the place where they will be hidden. Everything has to be clearly drawn on the writing board. 5. Route length can not be longer than 5 min walking. 6. Team B is waiting while team A is drawing. It takes 1min to draw the plan + 1min extra time for team A to go in a planned direction while team B should not take a look at their direction. 7. After that 2min, team B is reading the plan and try to find team A. 8. If team B can not find team A in 5 min by following their plan, team A is a winner. 9. If team B discover where is hided team A, team B is a winner.

Country	Macedonia
Name of the game	Bike challenge
Duration of the activity	2 minutes (depending on how long the route is)
Materials required for the activity	Bike, sticks or posts or stones, stopwatch
Aim of the activity	- Passing the route with barriers as fast as possible and not touching the barriers (penalty-adding plus seconds if touched)
Step-by-step instructions	<ol style="list-style-type: none"> 1. Defining course should be passed by bike. 2. Setting barriers along the route in challenging formations (stones, sticks, posts, cones) 3. One of the participants has the role of the referee (has a stopwatch and making notes of competitor's penalties if the barrier is touched) 4. Every biker is challenged to try to make it as fast as possible. 5. The referee is making a data of all competitors finish times 6. The winner is the one who has the fastest time including penalties if happened.

Country	ROMANIA
Name of the game	7 stones
Duration of the activity	20-40 min
Location	School yard or any outside area
Participants	Minimum 6 students, aged 7 – 14 years Elementary school teacher
Materials required for the activity	An open area, a ball (football, handball or volleyball), 7 stones (0.5-2kg each), that can be put as a vertical string on top of each other, biggest stone on the ground and so on
Aim of the activity	<ul style="list-style-type: none"> - Improving simple math skills - Improving short-term memory and reactions - Improving physical capabilities - Improving teamwork and communication skills
Step-by-step instructions	<ul style="list-style-type: none"> ● Two teams are formed. Place the stones on top of each other, starting with the largest and up to the smallest, so that the construction resembles a tall pyramid (or a castle tower). ● One team plays the role of defender of the castle, and the second team is the attacker of the castle. The team that first attacks can be set by flipping a coin. ● Count seven steps away from the stone castle and draw a line. From here, the attacking team will try to demolish the castle with the help of the ball. This team must knock down all the stones. (Each member hits the ball once.) ● If after all the team members have thrown and the tower is still standing, the teams will change the role and the other team is now trying to demolish the building. ● If the tower falls completely before all attackers throw, the defending team at that moment will have to retrieve the ball and hunt down the members of the other team (by touching them with the ball), trying to get them out of the game. At the same time, the attacking team, which managed to demolish the tower of stones, must put the stones back, in the castle position, to win the game, avoiding the opponents who hunt all of them down with the ball.

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- Winning in defense: The defending team can win if they take all their opponents out of the game, touching them with the ball, before attackers rebuild the castle.
 - Winning in attack: The attacking team can win if it manages to put the stones back together before the other team removes all members from the game.
 - The winning team will start the next game from the striker's position.

Country	ROMANIA
Name of the game	MATH TREES
Duration of the activity	20-40 min
Location	Classroom, school yard or any outside area
Participants	10-30 students, aged 7 – 14 years Elementary school teacher
Materials required for the activity	An open area, with at least 4 trees with similar distances between
Aim of the activity	<ul style="list-style-type: none"> - Improving simple math skills - Improving short-term memory and reactions - Improving physical capabilities - Improving teamwork and communication skills
Step-by-step instructions	<ul style="list-style-type: none"> ● A group of 3 to 5 trees can be chosen, depending on the number of participants. ● Students slowly run around the trees, in a circle, at least 2 meters away from each tree. ● Spontaneously, the teacher names loudly a one-digit number. ● Children must, as quickly as possible, gather to a tree and touch it. The upper limit for each tree is the number called by the teacher. ● Whoever gets to a tree that already has the number of children, or gets to a tree that doesn't finally fulfill the called number, is out of the game. ● The game continues with the rest of the students, running again around the trees, repeating. ● Winners will be the last full group of children that gather to a tree.

Country	ROMANIA
Name of the game	LOSING DIRECTION
Duration of the activity	20-40 min
Location	Classroom, school yard or any outside area
Participants	5-20 students, aged 7 – 12 years Elementary school teacher
Materials required for the activity	<ul style="list-style-type: none"> ● A wide tight headband ● A sheet of paper to write down the results
Aim of the activity	<ul style="list-style-type: none"> - Improving direction instincts - Improving short-term memory - Improving basic senses
Step-by-step instructions	<ul style="list-style-type: none"> ● "Children get together in a circle, getting the middle by turn. ● The one in the middle will be tied up with a headband over his eyes to make his view completely dark. The teacher shows a direction to the competitor before getting him dark (a specific tree, column, building or any feature). ● Afterwards, the teacher starts to spin the competitor, while he can speak whatever. Also, the kids that surround the competitor can speak whatever and even spin around him. There must not be a distinct noise coming from one specific direction. ● A chosen number of spins can be taken, in order to compare the results. ● No matter how dizzy it gets, at the end of the spin, the competitor must indicate in dark the initial direction shown by the teacher. ● The game can take place in several rounds. Notes can be taken in order to compare each student's direction instincts. ● The game results will improve after several repeats. Usually, children with talent in orienteering pass this test easily."