

YMCA

#CHALLENGED

22ND APRIL 2020



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HAVE FUN WHILE HELPING
OTHERS



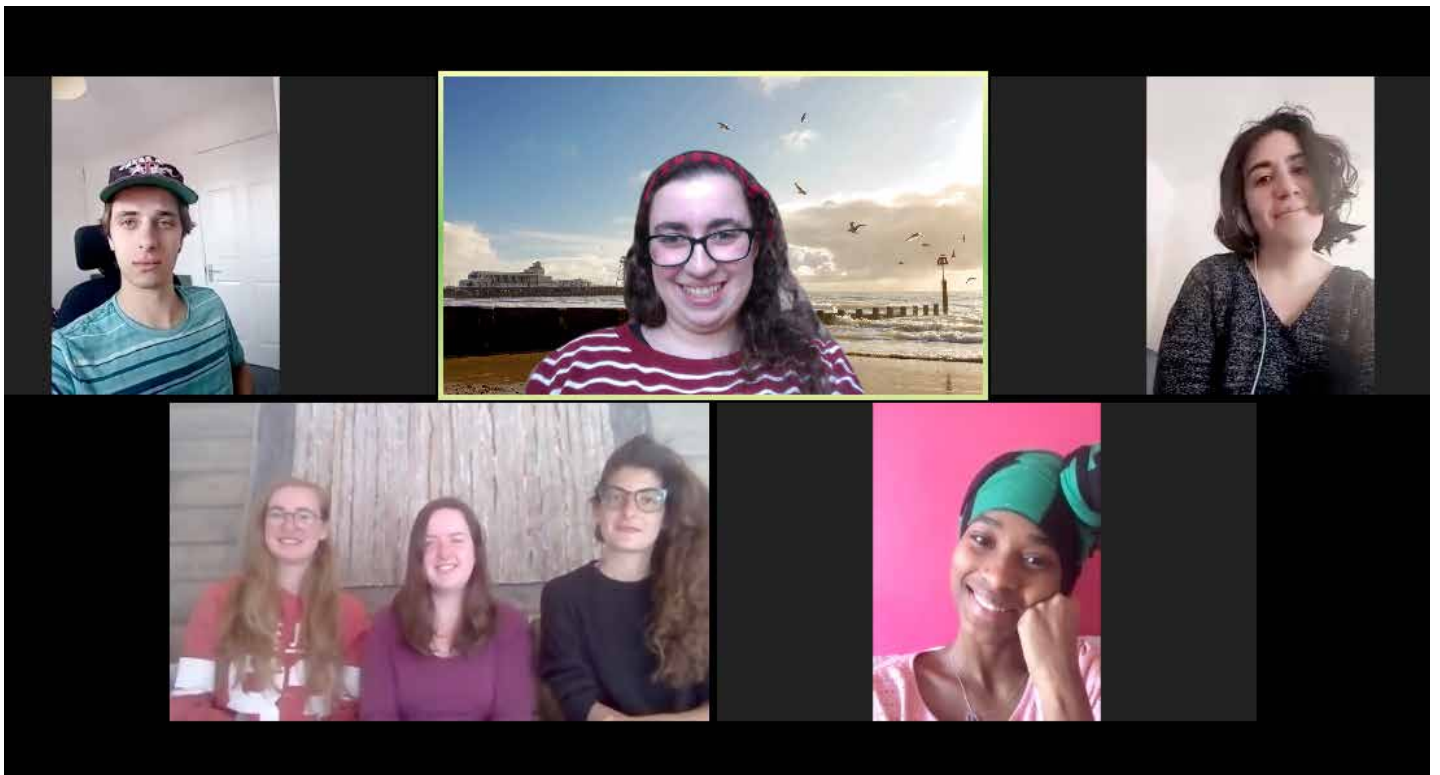
About us



We are a group of European volunteers doing our placement in different departments of YMCA Bournemouth. Now, as many people around the world, we are working from home and can perfectly understand that time is passing slowly and we need something fun to occupy ourselves during the day. We've been working so hard in some challenges that could do your day more interesting.

While quarantine and as a charity we are part of, we also want to continue helping others that are in a difficult situation and that's why sometimes we ask you for a donation. With a little, you can do a difference!

GET YOUR IMAGINATION READY AND ENJOY!



Bake with us!

Let's make our life
sweeter...

Hello everyone!

We want to challenge you and encourage you to bake more at home. It is not anything better than the smell of freshly baked dessert. And the feeling that you did it on your own! We are not professionals, we just like to have something sweet next to the afternoon tea (coffee!) and it is such a fun bake together with someone else. So if we can do it, you can do it for sure too!

How to join?

Let's make it simple...

Every week we are going to bake something and we will share the recipe with you. And here starts your challenge. *Are you going to join us?*

Great!

Have a look at the recipe and make sure you have all ingredients you need. Invite someone to join you if you want to have more fun! But you can also do it on your own ;) Then follow the instructions to make your yummy dessert and don't forget to document that by pictures. When your dessert is done, share with us how delicious it looks - post it on Instagram with **#BakingWithYMCA** and **#Challenged** - we would love to see your results and share it with others in our newsletter - of course with your permission ;)

Ready, steady, bake!

Recipe of the week is:

Brownies

You will find the recipe on the next page!

Brownies

Let's make our life sweeter...

Ingredients:

- 300g chocolate (60% cocoa) we used 74%
- 200g butter (unsalted)
- 3 eggs
- 200g brown cane sugar



Preparation:

Melt the chocolate with the butter over a water bath.

Whisk the eggs into a light foam, then whisk the sugar. When the mixture is thick and shiny, stir in the melted chocolate and finally the flour mixed with the baking powder.

Pour the mixture into a baking tray lined with baking paper and rub with butter (we used a tray prepared with butter and flour). Bake in a heated oven at 160°C for about 30 minutes. If you have a smaller baking pan and therefore a higher dough, you need to bake it longer.

The surface of the brownies should be firm to the touch, slightly shiny and dry. If you stick a stick in the dough, the dough should remain moist. This is desirable because the brownies should remain dense and must not be dried. Cut the cold dough into cubes.

(We served it with fresh strawberries but you could add any kind of fruit or even some vanilla ice cream)

Have a fun time with baking and enjoy the taste of these brownies!

Writing

Being locked down opens many new gates and chances.

Open your mind and let's build up our realms! Express yourself with a pen and paper.

Write a poem/lyrics/short story (max 2 pages long) and share with us via email esc@ymcabournemouth.org.uk with the topic 'Writing challenge' by **Wednesday 29th April 2020.**

The best artworks will be published in the newsletter.



The first week's title is:

Bound by freedom



CATCH THE MOMENT!

photography
with YMCA
Bournemouth



We believe, everyone can take great pictures!
This little challenge is for encouraging you to try it.
Try to experiment a little bit, look from different
perspectives, play with colours and composition and
the most important - **HAVE FUN!**

What do I need to join?

USE WHAT YOU HAVE!

If you have DSLR or mirrorless camera, if you have polaroid or film camera or none of these at all - you probably have a camera on your mobile phone! Try to get the most of what you have, forget about the opinion that if you would have a better camera automatically you would have better pictures - it is nonsense. You need to understand your camera - even it is a mobile phone

Let's start!

Every week we will share the ***THEME OF THE WEEK*** and all you have to do is have fun and explore what is around, being creative and taking pictures as many you want! Don't forget to share them after, pick the best pictures which are according to the theme of the week and post it on Instagram with the hashtag **#PhotographyWithYMCA until Wednesday 29th April 2020**. Then we will choose some of them to share them in our next newsletter!

Are you ready?

The theme of the week is:

CONNECTED

VIRTUAL TRAVELING



Got bored with sitting at home?

Here's the opportunity to travel around the world and visit as many places as you've ever wished! Grab your ticket for only £2 and start your dream journey! From the next newsletter, we will share the way to buy the tickets but think of all the places you want to visit.

Send us a video or a pic about your virtual travelling and win amazing prizes!

Be creative!



Coming soon

Origami



Occupy your mind with paper and colours!!

In this challenge, we will share a video with the explanation on how to do different figures by £1 donation. You don't need to buy any specific material, just recycle whatever you've got at home.

While we finish to set it up, you can email us your suggestion to esc@ymcabournemouth.org.uk using the topic "Origami challenge".

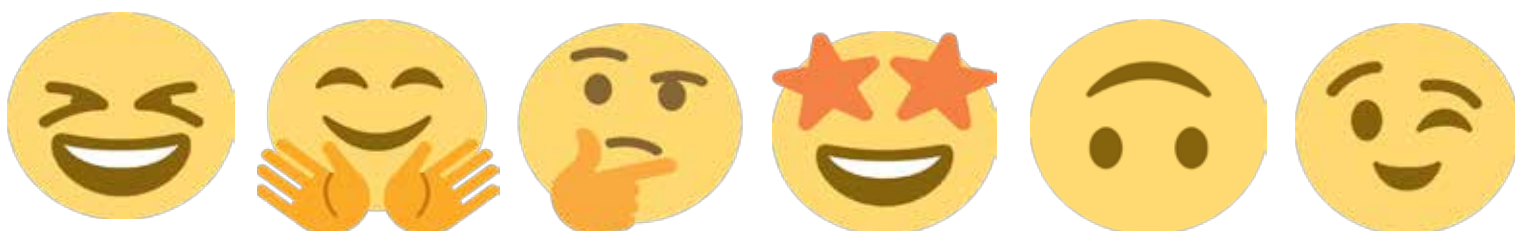
QUIZ



Let's test your knowledge!

We know you've been practising a lot with your friends through this weeks and now it's time to have a go with our Virtual Quiz Challenge. Every Thursday at 6pm we will launch an event on the website virtualquizevents.com and the top three will win cash prizes. Sounds good, isn't it? Set up your account on the website and get ready for the first meeting on the **30th April at 6pm**. Share your opinions and pictures with us via social medias using **#quizchallengewithYMCA**.

See you very soon!!!



YMCA

*Picture from the writing challenge by Lenka Lasotová
Travel vector created by pikisuperstarfreepik.com