

YMCA

# #CHALLENGED

4<sup>TH</sup> MAY 2020



2



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!**



Let's make our life more sweet...

# Bake with us!

We want to challenge you and encourage you to bake more at home. It is not anything better than smell of freshly baked dessert. And the feeling that you did it on your own! We are not a 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?

Recipe of the week is:

## Strawberry „Buchta“

You will find the recipe on the next page!



Great!

Have a look at the recipe and make sure you have all ingredients you need. Invite someone to join to 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**, **#Challenged** and **@ChallengedByYMCA** -we would love to see your results and share it with others in our newsletter - of course with your permission ;)

Let's make our life more sweet...

## Strawberry „Buchta“

### Ingredients:

2 ½ cups flour  
2 eggs  
½ cups sugar  
1 pack (2 tsp) baking powder  
½ cup oil  
1 cup milk  
Strawberries (you can replace them with the fruit of your taste)

### Preparation:

Whisk the eggs with sugar, add oil, milk and finally the flour mixed with baking powder. Pour the dough on a smaller but high baking greased tray. Cut the strawberries in half and place them on the dough.

Put the tray into an oven preheated to 180 ° C and bake for about half an hour. (The time can vary depending on the oven, so test the Buchta better from time to time with a toothpick.)

Finally we decorated it with whipped cream mixed with strawberries and we also added some extra strawberries (it is never enough! )

How we mentioned we are **not** professionals ! We are just trying some recipes we found and wanted to try. Honestly, it is a little bit **challenging** for us too... Recently we moved and in our accommodation we have a different type of oven - it is a combination of microwave and oven. It is smaller so we are using a small baking tray and that is causing that we have to bake it longer than it is written in the recipes. Another thing - we are missing a scale or even an electric mixer, so we have to mix it all just with a whisk! Such an exercise!

Do you have some baking stories too?

# Writing

Being locked down opens many new gates and chances.

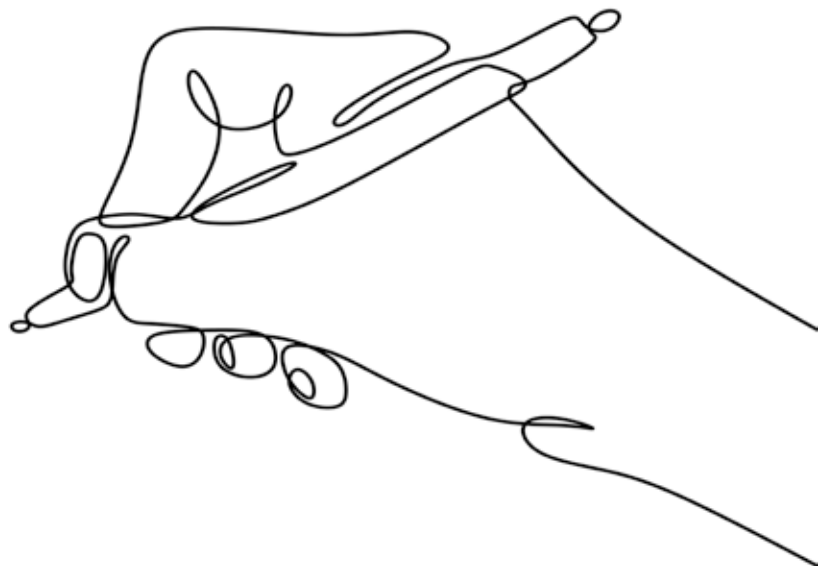
Open your mind and let's build up our own realms! Express yourself with a pen and paper.

Write a poem/lyrics/short story (max 2 pages long) and share with us via email [esc@ymcabournemouth.org.uk](mailto:esc@ymcabournemouth.org.uk) with the topic 'Writing challenge', or with our Instagram **@ChallengedbyYMCA**

The best artworks will be published in the newsletter.

This week's title is:

*Quarantine ends  
in an hour and  
I still haven't...*



# VIRTUAL TRAVELING



Show us the destination of your dreams!

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 on the YMCA Virgin Money Giving donation website and leave a message mentioning us. You can also copy the following link:

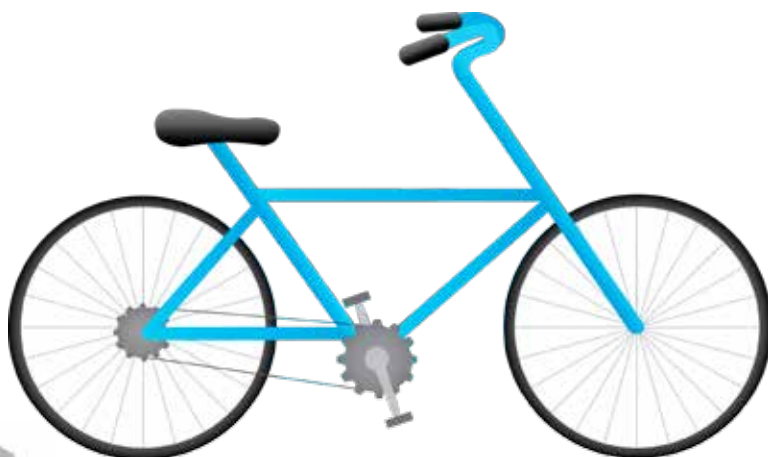
[https://uk.virginmoneygiving.com/donation-web/charity?charityId=1016511&stop\\_mobi=yes](https://uk.virginmoneygiving.com/donation-web/charity?charityId=1016511&stop_mobi=yes)

Then do some research about the place you want to visit as you usually do. Think about the activities or food and try to realize it at home (find a recipe and try to cook it, make a shelter from blankets at home and play board games there,...)

Here you have some tools you can also use to enjoy to the fullest your virtual traveling:

- TikTok app for video
- PicsArt for photos
- Unscreen.com for videos and photos

Tell us about your experiences in our Instagram **@ChallengedbyYMCA** and **#virtualtravelingchallenge** and win amazing prizes! We would also like to share it on our next newsletter if you are happy with that.



Be creative!

**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 non of these at all - you probably have a camera on you mobile phone! Try to get the most of what you have, forget about the opinion that if you would have better camera automatically you would have better pictures - it is a nonsense. You need to *understand* your camera - even it is a mobile phone.

Let's start!

Every week I 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 is according by the theme of the week and post it on instagram with **@ChallengedByYMCA** and **#PhotographyWithYMCA** until **Monday** Then we will choose some of them to share them in our next newsletter!

Are you ready?

The theme of the week is:

**LIFE**



**CONNECTED**  
by Sabine Fritz

**YMCA**

# Origami



We want to challenge you to create an origami more beautiful than ours.

The first idea is this ninja star, but before let you know how we did it, we want you to answer this question:

*Which material did we use?*



Send it to with the topic 'Ninja star' to our email [origa.challengedbyymcabmth@outlook.com](mailto:origa.challengedbyymcabmth@outlook.com) or mentioning our Instagram with #ninjastarchallenge.

You'll receive our video tutorial on how we did it. Then, do it on your own and share the result with us using the same process as you did before. The best pictures will be published on our Instagram and this newsletter.



*Can't wait to see your creations!!!*





# QUIZ



Let's test your knowledge!

We know you've been practising a lot with your friends and family through these weeks and now it's time to have a go with our Virtual Quiz Challenge. Set up your account on:

[www.virtualquizevents.com](http://www.virtualquizevents.com)

The top three will receive cash prizes!

Then you can share your experience and pictures with #quizchallengewithYMCA and @challengedbyYMCA.



New opportunity to participate on the **7<sup>th</sup> of May**

Thanks to all the participants in our first quiz. We started to raise money for our organization and that makes us reaaaaaally happy.

Today's event raised  
**£5.40**  
for YMCA  
Bournemouth

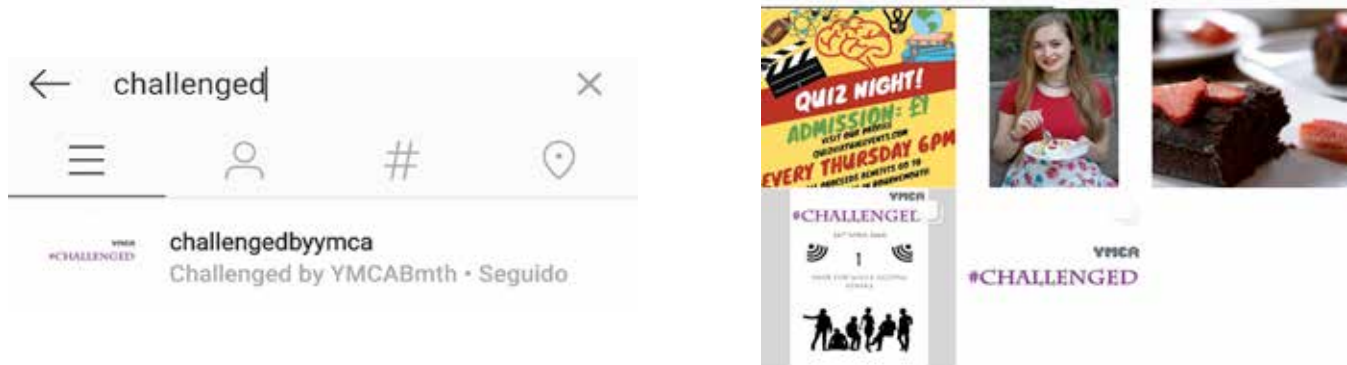
*Have fun!*

YMCA

# Other ways to help



If you didn't feel inspired to participate in this week challenges, you can still help us by following and recommending our Instagram profile.



You can always donate as much as you want by visiting the YMCA Bournemouth website, where you can also explore what our organization do.

[www.ymcabournemouth.org.uk](http://www.ymcabournemouth.org.uk)



See you soon!

