



WE DISCOVER, WE GROW

Girlguiding

North West England

Let's Go... Educate

INTERNATIONAL CHALLENGE 2018



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INTRODUCTION

ABOUT LET'S GO... EDUCATE

This challenge has been developed by the Region International team and 2018 trip leaders and participants.

Let's Go... Educate will take you on an exciting journey around the world and will bring the international experience to your unit meeting place. The challenges aim to give you a flavour of what it is like to get involved in an international experience with Girlguiding North West England and will help you to discover interesting facts about the destinations the Region is visiting this year.

The 'Let's Go' scheme began in 2017 with 'Let's Go... Explore' (which has now come to an end) and will run until the end of 2019, with the final challenge released early next year. The aim of this was to ensure that everyone could achieve all three badges over the three years, even as they progressed through the sections. All of the badges can be sewn onto a camp blanket in a large triangle shape, as shown on the diagram below. The upside down triangle, which makes up the fourth badge, can be gained by taking part in any international experience through Girlguiding.



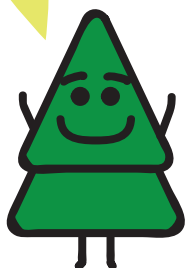
• INTERNATIONAL TRIPS 2018

This year, Girlguiding North West England will support three teams of young women on their international adventures. These teams will travel to Belize, Nepal and Romania to take part in activities to support local communities and to develop global guiding links. Our special 'Let's Go... Educate' badge features our three mascots from this year's challenge pack. They represent the different natural landmarks of Belize, Nepal and Romania and you can find out more about them below.

• HOW TO COMPLETE THE CHALLENGE

The 'Let's Go... Educate' challenge is suitable for all sections to take part in. You can choose to complete activities as a Six, Patrol or unit... or another grouping of your choice! We have produced a key to help identify which activities are suitable for which section and to show how they fit in with the programme. We've also provided ideas on how to adapt the activities for our younger sections, or how to take them further for older girls. You should also feel free to incorporate your own ideas and activities, if they are relevant to the challenge. We recommend you spend a minimum of three unit meetings working on the challenge, and that you choose activities from a range of different countries. Rainbows and Brownies should aim to complete 3 - 6 activities; Guides and The Senior Section 4 - 8. Don't worry if you don't have access to all of the tools or materials listed on an activity - this is a flexible challenge! All of the activities range in time and equipment needed, so feel free to adapt them to suit your needs. Remember that this is a fun badge, not a qualification, so a flexible approach is required. As long as you have taken a full and active part in the challenge, then you should receive your badge.

My name is
Codru, which is
Romanian for
Forest!



My name is
Sarstoon and I'm
named after a river
that flows through
Belize into the
Caribbean Sea!



My name is
Pahāḍa, which
is Nepali for
mountain!



• **REMEMBER:**

You should decide as a group which activities you would like to do. Why not get together for a Rainbow Chat, Brownie Pow Wow, Patrol Meeting or just a simple discussion.

• **HOW TO ORDER YOUR BADGES?**

Badges are £1 each and are available at the Girlguiding North West England shop. They can be purchased in store, or online here:

<https://shop.girlguidingnwe.org.uk>

WHY NOT TRY SOME OF OUR TOP TIPS TO MAKE THIS CHALLENGE PRINTER FRIENDLY:

- Print multiple pages to one sheet - make sure you can still read it though!
- Set your printer to print double-sided, for optimum paper economy
- Only print the pages and sections you need
- Print the challenge in black and white to save on ink

RAINBOWS



Look



Learn



Laugh



Love

BROWNIES



You



Community



World

GUIDES



Healthy Lifestyles



Global Awareness



Skills & Relationships



Celebrating Diversity



Discovery

THE SENIOR SECTION



Community Action



Out of Doors



Independent Living



Creativity



Personal Values



Fit for Life



International




Leadership

ROMANIA - TEDDY BEARS' PICNIC



BACKGROUND INFORMATION:

Romania has the largest bear population in Europe. On 2 February, when America celebrates Groundhog Day, Romania celebrates Groundbear Day, when the many bears of the Romanian Forest wake from hibernation. The Romanian people use the bears' hibernation cycle to predict the coming spring; if the bears return to hibernate, it means a longer winter, but if they don't, it means spring will break soon. Celebrate Groundbear Day by hosting your own teddy bears' picnic.

 **TIME:** 15 minutes' planning as a group, and then a whole unit meeting for the picnic

EQUIPMENT/ADDITIONAL MATERIALS:

- Everyone in the unit to bring a teddy bear
- Teddy bear themed party food
- Party games e.g. pass the parcel, pin the nose on the bear, musical chairs e.t.c.
- Teddy bear masks
- Party music
- Blankets (to sit on)

METHOD:

Leading up to the week of the party, plan as a unit which party games you would like to include at the teddy bears' picnic. Make a list of all of the materials and equipment that will be needed to play those games.

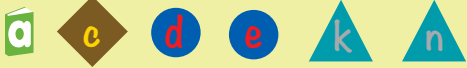
For Guides and The Senior Section, why not run a teddy bears' party for your local Rainbow or Brownie unit(s).



TAKING IT FURTHER

- Hold a teddy bears' picnic for more than just your own unit; you could invite your friends and family, or other units in your District/Division.

ROMANIA - SALAM DE BISCUITI



BACKGROUND INFORMATION:

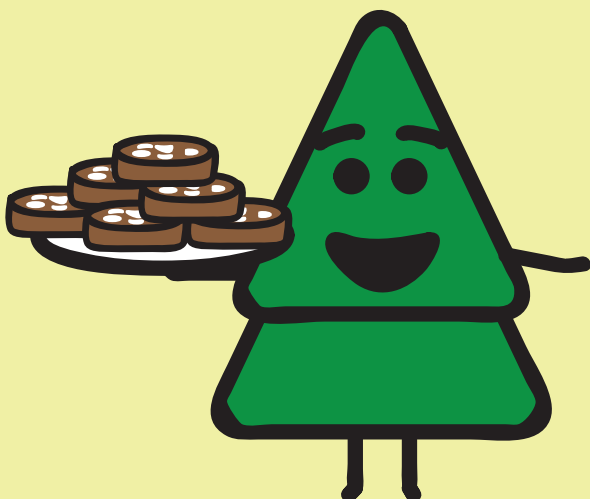
'Salam de Biscuiti' means 'salami of biscuits' in Romanian. This no-bake biscuit, made to look like salami sausage, is a very common dessert in Romania and is especially popular during the festive period.

Use the ingredients below to make around 30 biscuits - perfect for any unit, as we're sure that there won't be any left-overs of these tasty treats! By trying food from around the world, you will gain an understanding of how food varies between cultures and countries.

 **TIME:** Whole unit meeting

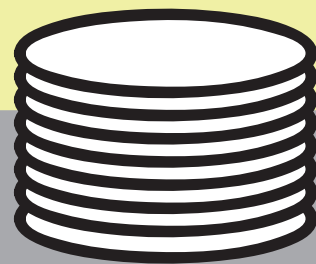
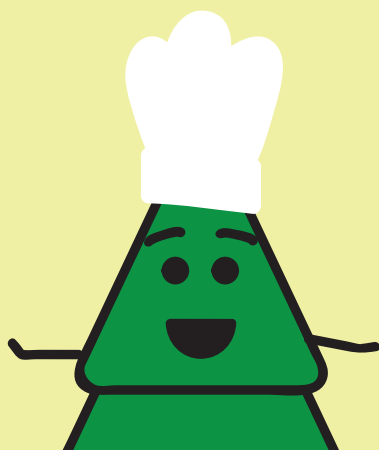
EQUIPMENT/ADDITIONAL MATERIALS:

- 250g plain biscuits (e.g. digestives)
- 110g sugar
- 50g cocoa powder
- 100g unsalted butter
- 60ml milk
- Pinch of salt
- 1tbsp apple juice
- Mixing bowl and spoons
- Saucepan
- Knife
- Cling film
- Fridge



METHOD:

1. Break the biscuits into small pieces and place them into a bowl.
2. Place the milk and the sugar into a saucepan, and stir the mixture over a low heat.
3. Add the butter and continue stirring until it has completely melted.
4. Take the saucepan off the hob and add the cocoa power and apple juice.
5. Pour the mixture into the bowl of biscuit pieces and stir until it is evenly mixed.
6. Split the mixture into smaller portions and place each batch on a piece of cling film.
7. Using the cling film, roll the mixture into sausage shapes.
8. Place the 'sausages' into the fridge and leave them overnight (or until your next unit meeting).
9. Cut the 'Salam de Biscuiti' into slices and enjoy!



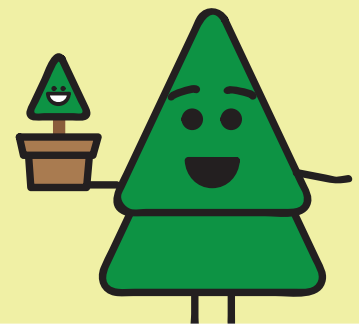
HINTS & TIPS

- Take care when melting the mixture on the hob, as the saucepan will be very hot.
- Make sure that this activity is only undertaken under adult supervision.
- For Rainbows and Brownies, ask an adult for help when necessary; such as when pouring the mixture from the saucepan into a bowl.

TAKING IT FURTHER

- Research into other Romanian foods online. Are there any other recipes you would like to make as a unit?
- You could try making this recipe using a camping stove.

ROMANIA - MICRO ECO-FARMS



BACKGROUND INFORMATION:

The Region team travelling to Romania will be working closely with an organisation that provides shelter and support to disadvantaged youth. The team will be working with the local community to help maintain and improve micro-eco farms; helping the locals to become self-sufficient by growing their own fruit, vegetables and herbs, as well as rearing their own animals.

With this activity, you'll be able to learn about where food comes from, and have a go at growing your own food! We've popped together some instructions on how to grow seeds, but make sure you check the instructions for your seeds, as different ones will have different needs.

 **TIME:** Whole unit meeting

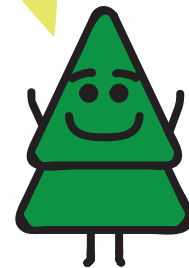
EQUIPMENT/ADDITIONAL MATERIALS:

- Plant pot or other suitable container
- Seeds
- Soil
- Shovels, or something to scoop the soil
- Watering can
- Pen

METHOD:

1. Fill the pot two-thirds full with soil.
2. Make a 'well' in the soil, using the shovel and pop the seeds in.
3. Cover the seeds with the rest of the soil and lightly water them.
4. Make sure you label your plant pot! You can then take it home and nurture your plant.

Some easy edible plants to get you started include: cress, basil and snap peas.



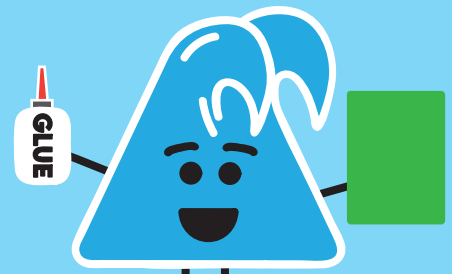
HINTS & TIPS

- Make sure you read the instructions for your seeds and plant them accordingly.
- Instead of buying plant pots, why not recycle an old water bottle by cutting the top off and use the base as a pot.
- For more information on growing your own plants and vegetables, have a look online or borrow a gardening book from your local library.

TAKING IT FURTHER

- Why not have a competition to see who can grow the biggest plant; you could bring your plants to a unit meeting at the end of term and measure them.
- If you're creating your own plant pot out of an old water bottle or other materials, why not decorate it?

BELIZE - RECYCLART FISH



BACKGROUND INFORMATION:

Belize is a county in Central America which is famous for the rich marine life along its shorelines. The Belize Barrier Reef is the longest barrier reef in the Northern Hemisphere, at over 300 kilometres.

Many of the aquatic animals in Belize are affected by human activity, such as pollution from litter that is left in the sea. This craft activity looks at ways in which items can be recycled into fun marine animals.

 **TIME:** 1 hour 30 minutes

EQUIPMENT/ADDITIONAL MATERIALS:

- Paper or card
- Scissors
- Brightly coloured recyclable items, such as plastic bottle tops, wrappers, foil e.t.c
- Glue
- Googly eyes

METHOD:

1. Using the template in Appendix 1 (template of a fish), cut out your own fish shape onto paper or card.
2. Take a selection of the recyclable items and cut them into small discs (which will represent the fish's scales).
3. Using glue, carefully stick the small discs on to your fish shape. Make sure you use different, brightly coloured recyclable materials to make your fish look great.
4. After you've finished creating your fish, have a discussion as a group about the effects of litter and pollution in the sea.



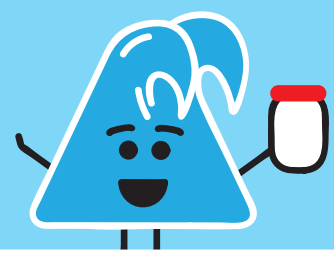
HINTS & TIPS

- Be careful when using scissors, as they can be sharp.
- Why not cover the tables with bin bags or an old sheet to protect them.
- Make sure all recyclable items are suitable for this activity e.g. clean and safe.

TAKING IT FURTHER

- For Guides and The Senior Section, why not use old metal cans as your recycled material.
- Go online and have a look at the ways in which pollution affects marine life, as well as ways in which this problem can be resolved.

BELIZE - OCEAN ZONES



BACKGROUND INFORMATION:

The ocean is a very big place; not only is it very vast, but in some places it is incredibly deep.

There are three main 'zones' in the ocean, starting at the very top of the surface, where lots of light can enter, and ending right down at the very bottom, where the light can no longer reach. The deeper the zone, the less light there is, so the colder it gets. The different zones are shown in the diagram here:

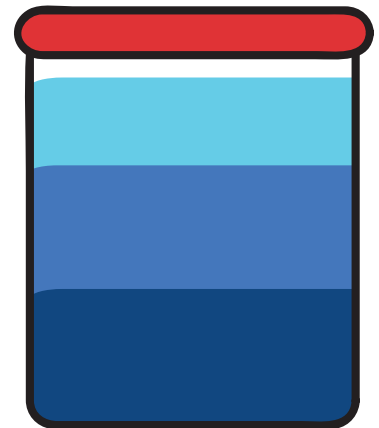


This activity will help you to create your own ocean in a jar, highlighting the three different zones.

TIME: Whole unit meeting

EQUIPMENT/ADDITIONAL MATERIALS:

- Clear jar or clear water bottle with a tight lid (no leaks)
- Funnel
- Blue food colouring
- Vegetable oil



METHOD:

1. Mix some blue food colouring into some water.
2. Using the funnel, fill the clear bottle or jar a quarter full with the blue-dyed water.
3. Fill the remainder of the bottle or jar with vegetable oil, leaving about 1cm of air at the top.
4. Make sure that the lid is on tightly and shake the bottle or jar.
5. After the bottle or jar has been shaken, leave it to settle; this should create three distinct areas which will vary in colour. The lightest colour at the top represents the Sunlight Zone, which is the section which receives the most amount of light, the middle section represents the Twilight Zone and the darkest section at the bottom represents the Midnight Zone, which receives the least amount of light.

HINTS & TIPS

- Make sure the lid of the bottle or jar is screwed on very tightly to prevent leaks when being shaken.

TAKING IT FURTHER

- Undertake your own research into the different layers, as well as the other layers of the ocean (Abyss and Trench).

BELIZE - SEA ANIMALS MEMORY GAME



BACKGROUND INFORMATION:

There are over one million different kinds of plants and animals that live in the ocean, and scientists believe that there may be many more that just haven't been discovered yet. These animals come in all different shapes and sizes, and this fun game will help you learn about some of the marine animals that live in the seas around the UK.

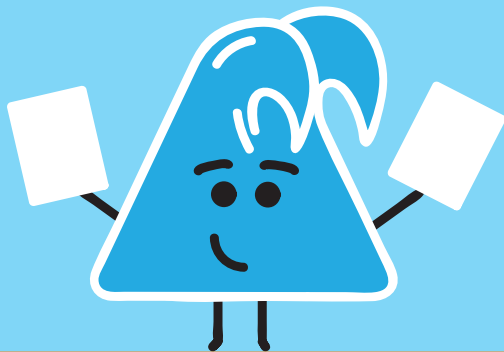
 **TIME:** Whole unit meeting

EQUIPMENT/ADDITIONAL MATERIALS:

- Template of animal pairs (Appendix 2)
- Scissors
- Colouring pencils

METHOD:

1. Split into pairs within your unit; each pair will need a copy of Appendix 2.
2. Colour in the different animal cards and cut them up into playing cards using the dotted lines.
3. Shuffle the cards and lay them face down.
4. Each player should then take it in turns to turn over any two cards. If the two cards match, then the player wins this pair and gets to keep it. If the cards don't match, then the player should turn them back over, whilst trying to remember where each card is.
5. The game is over when all of the cards have been matched, and the winner is the player with the most pairs.



HINTS & TIPS

- Be careful when using scissors, as they can be sharp.

TAKING IT FURTHER

- Why not create your own cards after researching different sea animals.



NEPAL - PRAYER FLAGS



BACKGROUND INFORMATION:

Prayer flags are found in Nepal, especially up in the mountains on the walking paths. These colourful pieces of cloth are used to promote peace, goodwill strength and passion. Tibetans believe the wind will blow the prayers and mantras written on the cloth into their surroundings. Try making your own prayer flags using the instructions below.

 **TIME:** 1 hour, plus drying time

EQUIPMENT/ADDITIONAL MATERIALS:

- Blank fabric/pillow cases/handkerchiefs
- Fabric hand dye
- Fabric pens
- String or elastic bands
- Rubber gloves
- Salt
- Water
- Bucket or similar tub

METHOD:

1. Cut the fabric so everyone has their own piece.
2. Follow the instructions on the fabric dye to make the dye (this normally involves mixing the dye with water and salt in a bucket). Make sure you wear rubber gloves during this stage, to protect your skin.
3. Take your piece of fabric and bunch and twist it. Then, secure it with elastic bands or string; this will create patterns on the fabric.
4. Place the tied fabric into the bucket of dye and submerge it completely. Leave the fabric in there for as long as the instructions on the dye box state.
5. Drain the dye and rinse the fabric thoroughly with cold water.
6. Hang the fabric somewhere safe to air dry overnight.
7. Once the fabric is completely dry you can decorate it, using the fabric pens, with your own patterns or messages.

HINTS & TIPS

- Create your own flags out of paper and pens, if you can't get hold of fabric.
- When using dyes it is important to protect your work area; always wear gloves and protective clothing.

TAKING IT FURTHER

- Research different prayers from different cultures and faiths to add to your prayer flags.
- Instead of taking the individual flags home, why not sew them together like traditional prayer flags and put them up in your unit meeting place, to bring peace and goodwill.

NEPAL - CLOUD MAKING



BACKGROUND INFORMATION:

The Nepal 2018 team are working with a charity called 'Classroom in the Clouds' for their international project. This charity has built numerous classrooms in the rural mountains of Nepal, so that village children are able to go to school close to home, rather than having to move away from their parents to the larger cities. This science activity will allow you to make your very own clouds, from the comfort of your unit meeting place.

 **TIME:** 15-20 minutes

EQUIPMENT/ADDITIONAL MATERIALS:

- 1 glass jam jar with lid
- Ice cubes
- Water
- Hairspray

METHOD:

1. Boil the water and pour about 2cm of it into the jam jar.
2. Swirl the hot water inside the jar, so its heats up the sides of the jar.
3. Turn the lid upside down and place it on top of the jar, so the inside of the lid is facing upwards.



4. Place several ice cubes onto the lid and leave them there for 20 - 30 seconds, to cool the lid.
5. Remove the lid and quickly spray some of the hairspray into the jar.
6. Quickly put the lid (still facing upwards with the ice on top) back on top of the jar.
7. Watch the cloud form inside the jar. When you see the condensation form, remove the lid and watch the cloud escape.

HOW DOES IT WORK?

When you add the hot water to the jar, you create warm, moist air, also known as water vapour. As the warm air rises in the jar, it is cooled by the cold ice cubes and lid. Water vapour normally condenses from gas to liquid when it cools down, but it needs a surface on which to do this - the hairspray. In nature, the water vapour may condense on dust particles, pollen or a different surface, to form a cloud.

HINTS & TIPS

- Be careful when pouring the boiling water. Make sure an adult is supervising at this point, or ask them to help.
- Be sure to use a jam jar in this activity, to ensure it is safe to use with boiling water.

TAKING IT FURTHER

- Research the different types of clouds and go outside to see if you can spot them.



NEPAL - MENSTRUATION



BACKGROUND INFORMATION:

Part of the project in Nepal will be exploring the impact of taboos and barriers faced by women during menstruation. In some societies, menstruation can be perceived as being unclean or embarrassing, which is something that Girlguiding North West England wants to change. Menstruation is a natural process and normalising it as a healthy, positive part of the female life cycle is extremely important. This 'Dragons Den' activity will make you think about the different types of sanitary products that are available, and the pros and cons of each one.

 **TIME:** Whole unit meeting

EQUIPMENT/ADDITIONAL MATERIALS:

- Examples of different sanitary products (Appendix 4)
- Pens and paper

METHOD:

1. Form teams by splitting up into small groups or Patrols.
2. Each team should be given a mini fact-file about a different sanitary product (Appendix 4).
3. From this fact-file, each team should come up with a sales pitch about their sanitary product; thinking about its financial, environmental and social impact. Each team could include a team name, team slogan and even an advert for their product.
4. Each team should then present their sales pitch to a panel of judges, who should score the teams on the following: research, presentation and teamwork.
5. After the sales pitches, have a discussion as a unit about some of the issues surrounding menstruation. Check out our 'issues box' below for some more information.

ISSUES

- Across the globe, some girls and women have to put their normal lives on hold when they have their period, as they can't afford sanitary items; this is sometimes described as 'period poverty' - <http://www.bbc.co.uk/news/uk-wales-41606437>
- In some countries, girls and women are forced to move out of their homes when they have their periods - www.bbc.co.uk/news/resources/idt-sh/banished_for_bleeding

HINTS & TIPS

- This can be a difficult topic, so make sure all discussion is conducted in a sensitive and appropriate manner.

TAKING IT FURTHER

- Do some research online. We recommend checking out the *Betty* website; an organisation who provide information and training to encourage open and honest conversations about periods - www.betty.me/category/periods
- Why not do a collection of sanitary products and donate them to a food bank or homeless charity in your local area. You can find out more about the #HomelessPeriodProject here - thehomelessperiod.com

ADVENTURES IN PRAGUE - QR SAVVY!



BACKGROUND INFORMATION:

Our 2018 'Adventures in...' trip is taking place in Prague, and for this trip we're getting interactive! You can find out more about this amazing trip by visiting our website.

As part of this international adventure, our members will be exploring Prague by taking part in a huge wide game across the city, themed around QR codes.

This QR code 'treasure hunt' is the perfect activity to learn about QR codes and technology, whilst working in teams.

QR is short for Quick Response Code; a special type of bar code that can be scanned to take the user to a website. They are made up of black and white squares, and they look like this.

You can scan a QR code on a device like a smartphone or tablet that has a QR reader. There are lots of free QR readers that you can download, such as 'i-nigma'.



 **TIME:** Whole unit meeting

EQUIPMENT/ADDITIONAL MATERIALS:

- QR reader gadget e.g. smartphone or tablet, which has the free software downloaded
- QR locations (Appendix 3)
- Pen and paper

METHOD:

1. To set up this activity, print off Appendix 3 and hide the 15 QR codes around your unit meeting place.
2. Form teams by splitting up into small groups or Patrols. Each team will need a QR reader with the downloaded software.
3. Find the different QR codes hidden around your unit meeting place and scan them.
4. Once the QR codes have been scanned, they will reveal a word. You must find all of the QR codes to reveal all 15 words. These words make a sentence, so make sure you record them using a pen and paper, as you go along.
5. The winning team is the group that makes the sentence first.

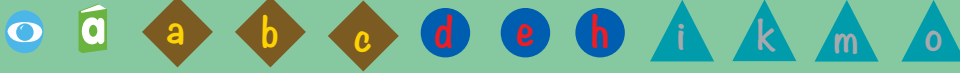
HINTS & TIPS

- Make sure all of the QR Reader gadgets are fully charged before you start the meeting.
- You can find the answer to this activity in Appendix 3.

TAKING IT FURTHER

- Why not have a go at designing your own codes and interactive hunt. You can create your own codes using an online QR code creator website, such as www.qr-code-generator.com.

WORLD — GO GREEN AND FUNDRAISE



BACKGROUND INFORMATION:

In recent years, natural disasters have hit many locations, including Belize (hurricane Earl 2016), Nepal (Earthquakes 2015), Romania (Floods 2016) and even the UK (Floods 2015). The frequency and intensity of natural disasters is increasing due to global warming and the impact humans are having on the environment. This challenge aims to highlight the importance of caring for the environment, as well as learning about fundraising.

Fundraising is an important part of an international guiding trip; not just because it helps lessen the financial commitment for participants, but also because it helps develop essential life skills such as communication and organisation.

 **TIME:** Varies depending on your idea

EQUIPMENT/ADDITIONAL MATERIALS:

Varies depending on your idea

METHOD

Organise a fundraising activity that has an environmental focus. This could be an eco-fashion show, sponsored litter pick, or even a recycled materials art exhibition; the list is endless! You can raise money by inviting people to take part, collecting sponsors or charging a fee for people to attend your event.

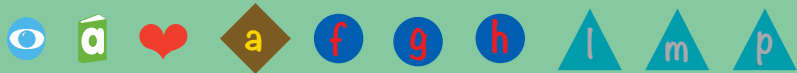
HINTS & TIPS

- You could split your fundraising between the charity of your choice and your unit, to help raise funds for an event you would like to take part in, such as a camp, an international event or a day trip.
- Remember to check the guidelines if you're planning to run a raffle or lottery:
www.girlguiding.org.uk/get-involved/fundraise-for-us/fundraising-toolkit/ways-to-fundraise/fundraising-in-your-community/raffles-and-lotteries/

TAKING IT FURTHER

- You could try to find out if any of the girls in your District or Division are going on an international trip, so that you can support them with their fundraising.

WORLD - SKILL SHARE



BACKGROUND INFORMATION:

With many Girlguiding international experiences, participants are required to skill share in some way. This may be sharing camp skills to fellow participants on an international camp, teaching children new games, or teaching leadership skills to new recruits on a GOLD project.

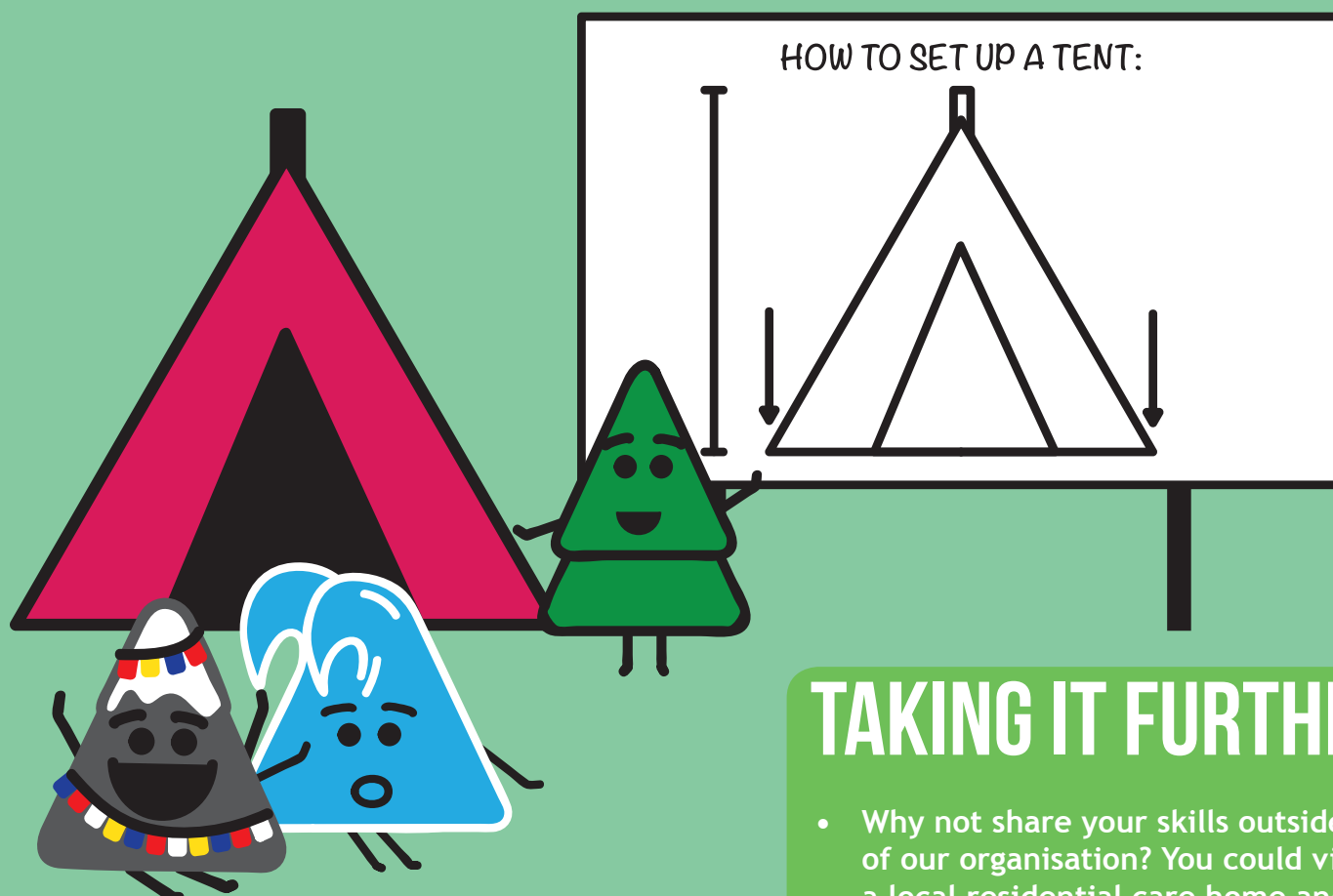
This activity challenges you to share your ideas and skills with others, just like our international participants do.

You can share a game, craft activity, camp skills, or something completely different. Share with another Six or Patrol, or another unit in your District; it is completely up to you.

 **TIME:** Varies depending on your idea(s)

EQUIPMENT/ADDITIONAL MATERIALS:

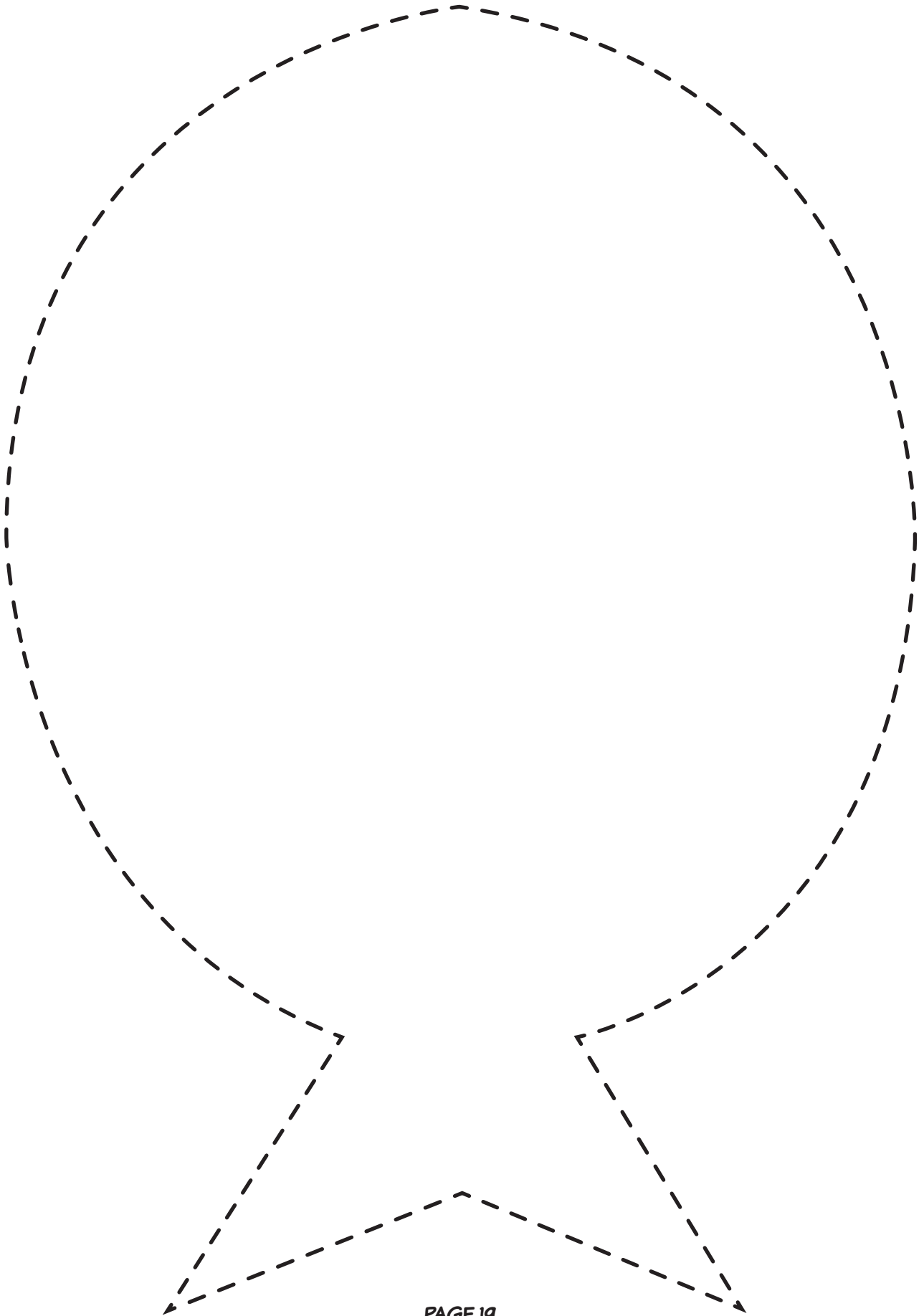
Varies depending on your idea



TAKING IT FURTHER

- Why not share your skills outside of our organisation? You could visit a local residential care home and teach them games and songs.

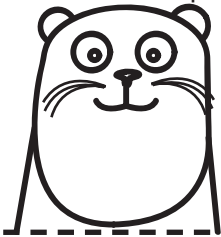
APPENDIX 1: BELIZE - RECYCLART FISH



APPENDIX 2: BELIZE SEA ANIMALS MEMORY GAME

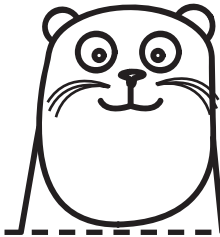
Sea Otter

Sea otters are one of the few mammals, other than primates, known to use tools. They use small rocks, or other objects, to pry shellfish from rocks and to hammer them open.



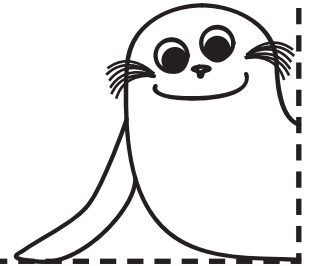
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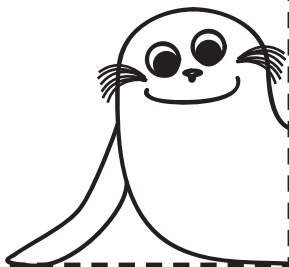
Seal

Some seal species can hold their breath for nearly two hours underwater, by slowing their heartbeat and conserving oxygen.



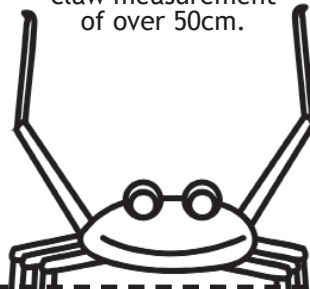
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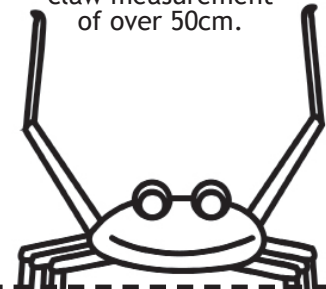
Spider Crab

As one of the largest crab species in British waters, the European spider crab can have a claw to claw measurement of over 50cm.



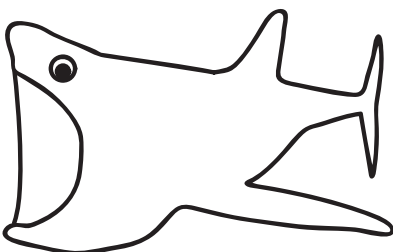
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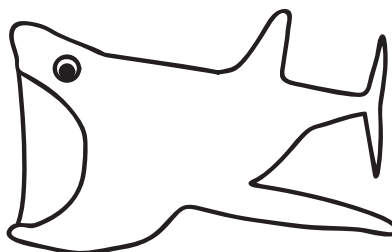
Basking Shark

Eight tonne basking sharks can filter 1000 tonnes of sea water every hour for tiny plankton.



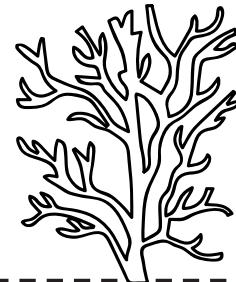
Basking Shark

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Pink Sea Fan

They may look like plants, but they are in fact colonies of tiny, anemone-like creatures.



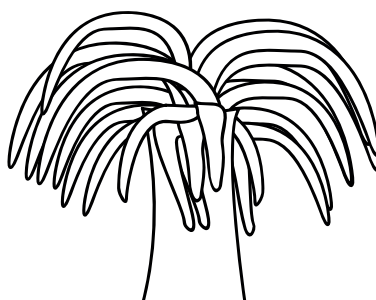
Pink Sea Fan

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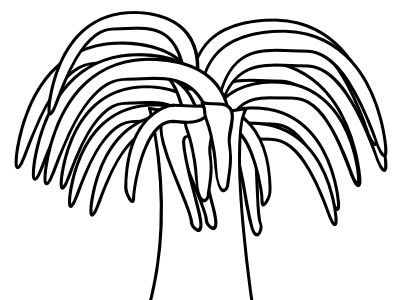
Sea Anemone

Some Species of Sea Anemone can live 50 years or more.

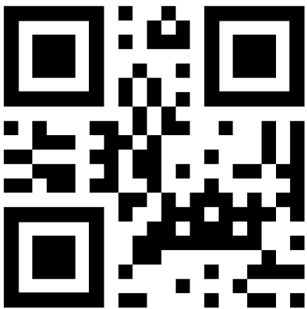
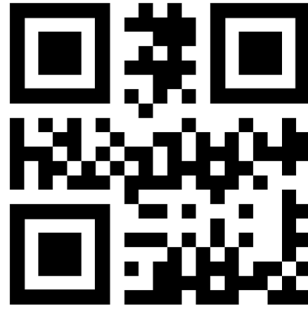


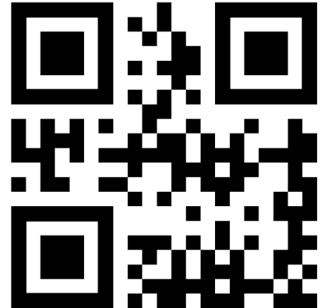
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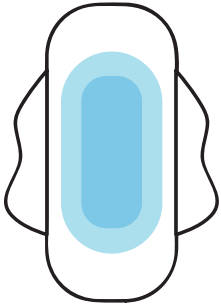
APPENDIX 3: ADVENTURES IN PRAGUE - QR CODES!





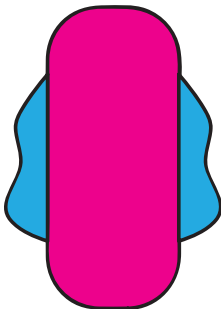
Answer: Fill your life with adventures not things. Have stories to tell not stuff to show.

APPENDIX 4: NEPAL - MENSTRUATION



Disposable sanitary pads

These are cotton and plastic pads which attach to underwear to absorb blood after it leaves the body. You can get them in a range of different sizes and absorbency.



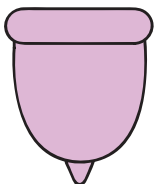
Reusable cloth pads

These are like sanitary pads, in that they are worn in underwear to absorb any blood, but instead of throwing them away after use, they can be washed to use again.



Tampons

These are small rods of absorbing material which are inserted into the vagina to absorb any blood before it leaves the body. They also have a string on the end for easy removal. Tampons are often preferred by girls and women who exercise and swim during their period.



Menstrual Cups

Menstrual cups, such as the Mooncup, are reusable cups which are inserted into the vagina to gather any blood. These are normally made of silicone, and are reusable, so they can last up to five years or more.