

# First Aid in the Field UMA with Strike a Light UMA - VISIT

This visit to the ARC supports two Brownie UMAs

## Sound and Vision

### Supports Strike a Light UMA card activities

Watch the ARC's Strike a Light film to find out the best way to light a fire. Find it on the ARC's YouTube Channel at <http://bit.ly/NorfolkARC>

## Virtual Reality

### Supports Strike a Light & First Aid in the Field UMA card activities

Experience the ARC's VR film to see what camp was like in the 1940s.

## Good Turn Detectives

### Supports First Aid in the Field UMA card activities

Investigate original items from the archives to find out how Norfolk's Brownies and Guides helped with the war effort.

Have a go at helping in the same way as Brownies from long ago with our **egg and messenger** games...

## WW1 Egg Collection Game

### Supports Lend A Hand UMA card activities

Can you 'do your bit' by finding the hidden hens' eggs?

## WW2 Messenger Game

### Supports Lend A Hand UMA card activities

Can you remember an important message under pressure?

## Slings, Stretchers & 1940s First Aid Kit

### Supports First Aid in the Field UMA card activities

These activities use original and replica 1940s items from the archive.

During visits to the ARC, ARC staff will deliver the activities on the UMA card plus these additional, supporting activities, developed by the ARC.

Brownies will get hands on experience of original items from Brownie history!

