

# look wider

## INTRODUCTION



### ARE YOU READY TO LOOK WIDER?

Look Wider is a personal development programme for Senior Section members. It is your opportunity to try new things, further your abilities in areas you've already experienced and share your skills with others.

The Look Wider programme is about challenging yourself, so don't rush it or take the easy option.

Here you will find lots of suggested activities, but these are only examples and you can add other relevant activities. Check that your activity fits the criteria below - and if you're not sure, check with your Leader or another Senior Section member.

#### OCTANTS

The Look Wider programme is divided into eight octants covering the following areas:

- Community Action - Action for others
- Creativity - Create your dreams
- Fit for Life - Health and happiness
- Independent Living - Right moves for you
- International - World vision
- Leadership - Lead the way
- Out of Doors - Get out and have fun
- Personal Values - You are who you are

Having eight octants means there is something for everyone, with lots of activity choices, and the range of octants means that much of what you achieve as a Senior Section member can count towards Look Wider. For example, if you are an In4mer, the sessions that you run can count towards Community Action. If you are a Young Leader then by gaining your Young

Leader Qualification you have achieved Phase 3 of the Leadership octant.

Octants can be completed in any order and you can do activities towards more than one octant at the same time.

#### PHASES

The eight octants are each divided into three phases and these, like the Octants themselves, can be completed in any order - you do not have to do phase 1 before phase 2 and you can work on more than one phase at a time.

Each phase requires different levels of time and commitment - but each should be a personal challenge to you.

Each of the phases can be undertaken as part of a group or as an individual, but you must personally meet the requirements of the phase to count it towards your awards.

You may choose the same activity for all three phases; however, the time you have spent doing the activity for one phase cannot be counted towards the time requirement of another phase. For example, if you went to a dance class for 1½ hours for phase 1, you cannot count that same 1½ hours towards phase 2.

You may include activities undertaken at your place of education or employment provided they are extra curricular.

Each activity needs to be signed off in your Record Book provided with the CD.



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### Phase 1: Try it

- Phase 1 is made up of three different activities.
- Each activity should be new to you and long enough to give you a taster of the activity.

### Phase 2: Take it further

- Phase 2 involves doing one activity for a minimum of 12 hours.
- The activity could be something you have tried in phase 1 which you then develop further, or something completely different but not necessarily new to you.
- There is no time limit for completing a phase 2 activity; you could complete it in a weekend, a few months or a year, provided you spend a minimum of 12 hours on the activity in total.

### Phase 3: Achieve a long-term challenge

- Phase 3 involves doing one activity, either something new or something you've tried before. It could be something you have already tried in phase 1 or 2 or both.
- You can complete phase 3 in three ways:
  1. Undertake the activity for a minimum of 30 hours
  2. Undertake the activity for a minimum of 20 hours and then gain a recognised qualification, this could either be a guiding qualification or an external award.
  3. Undertake the activity for a minimum of 20 hours and then teach it to people with less experience of the activity. This must be for a minimum of three hours but can be over a number of sessions, which you should plan beforehand and evaluate afterwards. Think carefully about who you are going to teach; remember that you must find it a personal challenge, so you could

consider teaching a group of people that you don't usually interact with. For example this could be: guiding units, Leaders, Scouts, Sunday school groups or summer activity camps.

- Like phase 2 there are no time limits for completing a phase 3 activity.

#### *Case Study: Lightweight camping*

Before starting my Out of Doors octant I had never been lightweight camping. On a County Look Wider weekend we had an informal training session where I learnt about lightweight camping - the advantages and disadvantages and what to do/not to do. I also cooked a meal using a Trangia for the first time and put up a type of tent that was new to me. These were my three challenges for phase 1. For phase 3, I completed my Senior Section Permit which took more than 20 hours (including all the training and the event), and gave me a recognised qualification. I then went back and did my phase 2, where I attended an international camp in Iceland for eight days (exceeding the required 12 hours).

Rosemary, 17, Pulsatilla Rangers

#### *Case study: Jazz*

I have been playing the saxophone for three years. For one of my phase 1 challenges, I played in a jazz band for one evening, which was something new that I hadn't done before. I really enjoyed this, so for my phase 2 challenge I went to weekly one-hour band rehearsals for 12 weeks. For phase 3, I continued attending rehearsals for another 20 hours, then used the skills I had learnt to plan and run two musical evenings with local Brownie units.

Lizzy, 24, In4mer



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### LOOK WIDER AWARDS AND QUALIFICATIONS

There are two types of awards you can gain within the Look Wider programme.

#### Octant certificates

These are gained for completing phases 1, 2 and 3 of a specific octant. There is one available for each of the eight octants.

#### Chief Guide's Challenge

This is awarded for completion of phases 1 and 2 of all the octants. This is a certificate and a metal badge which can be worn on your badge tab. It is up to you how, where and by whom you want this to be presented. Some ideas include being presented with the award during a residential event, at a County event, undertaking an adventurous activity, or simply at your unit meeting. It's your award, so you get to choose!

In order to receive your Chief Guide's Challenge award you will also need to make/renew your Promise as a Senior Section member.

Qualifications offered by other organisations can also be used as phase 3 activities within Look Wider, providing you take a minimum of 20 hours' preparation/training to gain them. Examples include:

- British Canoe Union qualifications
- Royal Academy of Dramatic Arts awards
- Grand National Archery qualification
- Amateur Swimming Association awards.

#### WHERE TO TURN

There will be times when you need a friend (with chocolate) to cheer you up, seek

guidance from or celebrate your achievements with. Don't feel that you have to work on Look Wider in isolation. You may need someone to bounce new ideas off or take along to new experiences. For some qualifications, such as the Camp and Holiday Scheme, you will need a formal mentor, but for most activities you may just want to share your experiences with a friend, family member or someone in guiding.

It is important to remember that within guiding, both in your local area and at County, there are many people willing and able to assist you. These may be specific guiding Advisers or other people with specialist skills. Your Leader or Commissioner should be able to point you in the direction of these people - or if you have access to a County Directory they will be listed in there.

You may also wish to look outside of guiding for support, eg the local canoe club. There is also a wealth of information on the Internet.

#### How to approach people

Contacting people is not always the easiest thing to do, but it needs to be done and most people are pleased to be of help. Remember, if you don't ask you won't get. There is a wealth of resources both inside and outside of guiding that can be tapped into. You will nearly always find it much easier than you think. It's always worth remembering that you may one day be the person that people turn to for help!

#### Points to consider before making contact

- What is the best way to contact that person? By phone? By email? Text?
- Is it an appropriate time to pick up the phone?



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- What exactly do you want to gain from the contact?
- How will your experience benefit them? Can they share the experience with you?
- Have you got the resources you need in front of you?
- How will you explain to them all that they need to know about Look Wider?
- Remember to be flexible, you are asking for something from that person
- If they cannot help, ask them if they know someone who can.
- On top of all things remember to thank them, even if they couldn't help you.

If you get really stuck, email [seniorsection@girlguiding.org.uk](mailto:seniorsection@girlguiding.org.uk), who will do their best to help you.





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## THE OCTANTS



### INTRODUCTION TO THE OCTANTS

In this section you'll find lots of suggestions for activities you can use for Look Wider octants. Before you look at this section though make sure you've read the main introduction to Look Wider and understand how the programme works.

The ideas below for each octant are suitable for all three phases, depending on how much of a challenge you find them and your level of commitment. Some of the activities are suitable for more than one octant, so just because they are included in a certain section doesn't mean you can't use the idea for another octant.

The suggestions are not exhaustive - it would be impossible to include all the activities you could use to gain the octants. Just use them as starting points. In order to find inspiration for activity ideas you may want to try brainstorming for ideas based on various categories.

Below, the team responsible for Look Wider share the techniques that they used to come up with ideas for each of the octants.

#### COMMUNITY ACTION

'Our brainstorm was based on the number of people who would be affected by our actions if we were to carry out each of the challenges, for example: for one person, mowing your neighbour's lawn; for a family, raising money for a midwife in Africa; for a large number of people, stewarding at a fundraising event such as "Fit for Life".'

#### CREATIVITY

'To get going we used "colours of the rainbow". Starting at red, the team thought of anything that was red and then of ideas that could stem from this. For example, a fire... which led to making an edible fire, singing campfire songs, and sketching campfires in a variety of different mediums. This could then lead to starting to lead campfires with your unit and then the Music Scheme or even producing a show for your unit or District.'

#### FIT FOR LIFE

'We focused on mind, body and soul and looked at activities that would help with stress, finding out about chakras and relaxation for the mind and the soul. For body, we thought about healthy eating and body image, perhaps including being In4med by a local group on this, we then thought of self-defence lessons through to what jobs are available to women in sport.'

#### INDEPENDENT LIVING

'We based our thoughts around the letters LIFE, for example, learning to drive, getting an In4mer to run a session on drugs, alcohol or sexual health, taking over the finances of your unit or decorating a hard-boiled egg and pretending it's a baby and looking after it all week!'

#### INTERNATIONAL

'We used "think big", wanting people to push themselves and actually do something that would have a direct influence on their lives or someone else's life. When we thought of helping people, we thought about looking at fairly traded products and having a tasting session, raising money to buy a goat for an African family, or going abroad to teach.'



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## THE OCTANTS



When thinking about ourselves, we thought about inviting some In4mers to educate us on refugees, completing the Commonwealth Award or playing a fair trade-style game.'

### LEADERSHIP

'We focused on all of the opportunities available both within guiding and outside guiding to actually get out and lead. We also looked at people who were leaders, for example, becoming an In4mer as well as reading a book by a famous leader.'

### OUT OF DOORS

'We focused on points of the compass, but we also wanted to provide enough activity ideas so that the majority of people who did this octant would actually GET OUTDOORS! So that's the challenge, try and make every octant activity one that includes getting out there if possible. "Points of the compass" for instance is about navigation, either using an OS map, a local map or a road atlas. Some examples are navigating a driver for the first time, going on a penny hike or playing/running a game that included the points of the compass.'

### PERSONAL VALUES

'We focused on the self and things that revolved around "me" for a change! This included making a poster about our passions, talking about people we admired and perhaps reading autobiographies and making a list of things we would like to achieve in the next 1/5/10/15 years.'

'We hope that you will find these ideas useful, remember that you can brainstorm on almost ANYTHING and come up with activities that you might never have thought of that do actually fit with the octants.'



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## CREATIVITY



The aim of this octant is for you to develop your creative skills and try new creative activities.

### Music

#### MUSICAL MADNESS

- Invite a drummer in to teach you drumming.
- Try bell ringing, either hand bells or church bells.
- Join a local band or, if you've reached a high standard on an instrument, apply to join the National Scout and Guide Symphony Orchestra.
- Trash band - use everyday objects to make musical instruments (could include wind chimes) and 'play' your own music.

#### ELECTRONIC MUSIC

- Create a piece of music using a computer programme that allows you to compose or manipulate music to create different sounds.
- Combine words and images by creating a PowerPoint presentation of photos set to music. This could be the story of your life or a specific event or to create a music video.
- Create a music video.

#### MUSICAL APPRECIATION

You don't have to play an instrument to appreciate or make music. Listen to styles of music from different eras or different genres, or to world music or mood music.

### Stagecraft

#### PERFORMING ARTS

Take part in a musical, dance, drama or comedy performance - or get involved behind the scenes with costume, make up, lighting, sound or set design.

#### MADE UP

- Learn how to do your own make up, experiment with different looks.
- Face painting is a useful skill for performances or fundraising. Learn how to face paint then run an event and put your skills to use.
- Save money by learning how to paint and decorate your own and your friends' nails.

#### WEATHER WATCH

- Try being a weather presenter; make your own weather report.
- Find out about myths and sayings connected with the weather.

#### FILM FUN

- Have you tried to make your own film? Or watched a film and looked at the techniques used? Watch a number of films from different eras and try to analyse how film making has evolved.
- Create your own pop video.
- Make a film about your local area.

### The written word

#### LOVE MAKES THE WORLD GO ROUND

- Watch romantic films and write reviews of them. Try writing your own romantic novel or short story.
- Find out the truth about Saint Valentine or Saint Dwynwen and hold a valentine party.

#### WRITE ON

- Experiment with calligraphy and creating illuminated manuscripts.
- Write poems, stories, songs, or plays to let your creative juices really flow.



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## CREATIVITY



### Art and design

#### FUN WITH PAINT

- Try different types of painting: splatter painting, finger painting, painting and decorating, painting with the paintbrush between your toes or held in your mouth, oil painting, faux painting, mural painting. Use your skills to make a present for someone.
- Visit an art gallery and look at paintings by other people. Try and copy their styles.

#### BODY ART AND DECORATION

People in different cultures have different views on attractiveness. Look at different methods of body decoration from around the world. Experiment with henna art, fake tattoos, face painting and different make-up techniques.

#### SEASCAPE

- Photograph or make a sketch of the sea (live or using your imagination).
- Collect shells or pebbles (with permission) and use them to decorate a mirror or other useful item.
- Create a mural of the sea with sea creatures.
- Research myths surrounding the sea. Share your findings with others.
- Watch different films which feature the sea and look at the role played by the sea in them.
- Try synchronised swimming.
- Create a piece of music based on the sounds of the sea. Listen to other pieces of music inspired by the sea.
- Find out about ship design. How does the design of a ship change according to its purpose?
- Find out how ships in bottles are created. Try making your own.

#### DESIGN AND DECORATING

- Compare design features of buildings from different eras. Take photos of what you find.
- Talk to an architect to discover how buildings are designed. Design your dream house.
- Produce mood boards for decorating different rooms. If you get a chance, decorate a room.

#### PICTURE IT

- Experiment with taking and developing photos, using digital imagery, and creating frames, scrapbooks and PowerPoint displays.
- Make a local quiz using photos of well-known places taken from different angles. Challenge people to find what each picture is. You could sell this quiz to raise funds.

#### RECYCLED FUN

- Be creative and save yourself money at the same time by making things from junk and rubbish.
- Buy a piece of furniture from a charity or junk shop and experiment with paints and varnishes to turn it into something practical for your room.
- Find out about the work of furniture restorers.

#### FASHION

- Try designing and making your own clothes.
- Visit a charity shop and use your purchases to put on a fashion show.

#### COLLAGE

Collage is really effective for producing images that show feeling and texture. Try creating collages to represent the four seasons.





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## CREATIVITY



### FABRIC DECORATION

- Recycling clothes is good for the environment and can save you money. You can decorate your clothes to keep up with current fashions - or start your own. Try different methods of dyeing, batik, encaustic art, shibori, embroidery or embellishment to give clothes and other items a new lease of life.
- Various people in various cultures have made quilts for centuries. Look at different quilts and make your own quilt or wall hanging from patchwork or decoupage.
- Try making your own felt and using it.

## Craft

### BEAD CRAFT

Beads can be woven as well as threaded. They can also be used to make and decorate useful items.

### PAPER CRAFT

Make your own paper. Try also origami, quilling, decoupage, tea-bag folding, paper embroidery, pergamano, ornare, rubber-stamping, marbling. Use your skills to make your own greetings cards.

### SEE THROUGH IT

- Find out about glass making and different ways of decorating glass. Try decorating photo frames or candle holders.
- Visit old buildings and look at the way glass is used to create atmosphere in a building.

### FLOWERS

- Experiment with pressing flowers and using them to make stationery.
- Try flower arranging. Use your skills to make table decorations, floral displays or gifts.

- Experiment with growing your own flowers or herbs; you don't need a big garden, a pot will do.

### MASKS

- Try making your own masks and holding a masked ball or themed evening.
- Research masks that have been worn in different cultures and for different purposes and try replicating them.

### JEWELLERY MAKING

Make your own jewellery, this could be inspired by your own or another culture or a piece of jewellery you've seen.

### BLOW IT UP

- Learn how to model using balloons. If you enjoy balloon-modelling, offer to make models at a children's party or for a Brownie or Rainbow unit.
- Create a hot air balloon.

### THE SKY'S THE LIMIT

- Try making and flying paper aeroplanes or kites. Create something inspired by images of the sky, eg birds, clouds, etc.
- Build a bird table so you can observe birds in your own garden.

## Other types of creativity

### BE CREATIVE IN THE KITCHEN

- Write your own book of favourite recipes.
- Learn cake baking, cake decorating or sugar craft.
- Try making chocolates or confectionery.
- Make jam. Perfect your recipe, design labels for jars and sell your finished product at a fundraising event.



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## CREATIVITY



- Try picking or growing your own fruit and vegetables to use when cooking.
- Hold an evening where everyone must make something different with the same main ingredient, eg tomatoes, potatoes, couscous.
- Have you ever eaten flowers? Find out what flowers can be eaten and prepare a meal using some of them.

### CREATIVE FESTIVALS

There are many festivals from around the world - religious and other types - that can inspire you to be creative, for example, Eid, Hannukah, Diwali, La Tomatina, Hinamatsuri, cheese rolling, Mardi Gras, plough Monday, midsummer's day. Research a festival and organise your own.

### GARDEN CREATIVITY

There are many ways to be creative in the garden. Try landscape gardening, topiary, creating a sensory garden, water gardens or growing edible plants. Take photos to record your creativity.

### CULTURAL CREATIVITY

Find out about the traditions, myths, legends, music and crafts from your area or your culture and spend time exploring them.

### SPACE EXPLORATION

- Find out myths and legends about space, the planets and the galaxy. Create a model of the solar system. Design your own alien and create stories about it. Watch films about space, talk to your friends and discuss how accurate you think the films are.
- Find out about astrology and astronomy. Try writing your own horoscopes.
- If you were sending a capsule about Earth out to space, what would you put into it?

### SEASONAL CREATIVITY

- Use the seasons of the year to inspire creativity. Try making corn dollies in autumn, ice sculptures in winter, flower bouquets in spring and sand castles in summer.
- Write songs to share your feelings about the seasons.
- Create a video diary of your local area through the seasons.



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## FIT FOR LIFE



The aim of this octant is to encourage you to think about the things you need to have a healthy mind, body and soul; to increase your own fitness and encourage others to be fit for life.

### Mind

Exercising your mind is just as important as exercising your body. It will improve your concentration, memory and problem-solving skills as well as reducing the risk of having mental health problems.

#### DAILY MIND EXERCISE

Sudokus are logic problems involving numbers. Almost every newspaper contains sudokus and many websites have these and other mind puzzles to download. Try completing a sudoku each day for a week; the more you practise the quicker you'll get at completing them.

Most newspapers also have general knowledge and cryptic crosswords. If you struggle to complete them alone, try with a family member or friend - two heads are often better than one and you'll still gain from it.

#### BRAIN GYM

Brain Gym is a programme of physical movements that enhance learning and performance in all areas. Try the following activities.

##### Brain buttons

This exercise helps improve blood flow to the brain to 'switch on' the entire brain before a lesson begins. The increased blood flow helps improve concentration skills required for reading, writing and so on.

- On one hand, make as wide a space as possible between the thumb and index finger.

- Place the index finger and thumb into the slight indentations below the collar bone on each side of the sternum. Press lightly in a pulsing manner.
- At the same time place the other hand over the navel area of the stomach. Gently press on these points for about two minutes.

#### Cross crawl

This exercise helps coordinate the right and left sides of the brain by exercising the information flow between the two hemispheres. It is useful for spelling, writing, listening, reading and comprehension.

- Stand or sit. Put the right hand across the body to the left knee as you raise it, and then do the same thing for the left hand on the right knee just as if you were marching.
- Just do this either sitting or standing for about two minutes.

#### Hook ups

This works well for nerves before a test or special event such as making a speech. Any situation which will cause nervousness calls for a few 'hook ups' to calm the mind and improve concentration. You can stand or sit. Cross the right leg over the left at the ankles.

- Take your right wrist and cross it over the left wrist and link up the fingers so that the right wrist is on top.
- Bend the elbows out and gently turn the fingers in towards the body until they rest on the sternum (breast bone) in the centre of the chest. Stay in this position.
- Keep the ankles crossed and the wrists crossed and then breathe evenly in this position for a few minutes. You will be noticeably calmer after that time.





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## FIT FOR LIFE



### Quizzes

Watching TV quiz shows and playing board games can help exercise your mind. Have a board games night with your unit and play different games to help develop your mind.

### MY LEARNING STYLE?

By understanding which learning style or styles come naturally to you, you can see where your strengths lie.

- Think about the skills you want to master and the best way for you to learn them. For instance, don't try to learn from books if a CD-ROM or hands-on approach is your preferred method. Similarly, you can take on challenges to develop your less-preferred method.
- What are you like most of the time? Answer 'yes' or 'no' to the following statements and find out what kind of learner you are:
  - 1) Give me directions, not a map!
  - 2) Please show me before I have a go myself.
  - 3) You'd better do a drawing to explain that.
  - 4) My memory's better than my note taking.
  - 5) I love taking things apart and putting them back together.
  - 6) I'll have a go and learn from my mistakes.
  - 7) Let me get a book on it!
  - 8) It's amazing what you learn by listening to others.
  - 9) I'm a hands-on type of person.
- If you answered 'Yes' to 1, 4 and 8, you are an auditory learner. You learn by hearing, so may be good at languages.
- If you answered 'Yes' to 2, 3 and 7, you are a visual learner. You learn by seeing, so respond to colour and images.

- If you answered 'Yes' to 5, 6 and 9, you are a kinaesthetic learner. You learn by doing, so objects and actions are important to how you learn.

### ME IN MIND

Take a look at *Me in Mind*, a Girlguiding UK resource published in October 2009, based around the ten top tips for emotional well-being. It is aimed at older Guides and Senior Section members and endorsed by the Mental Health Foundation.

### STRESSED OUT

Stress affects us all at some time in our lives.

- Research stress-busting tips that would be useful to someone sitting their A-level exams or preparing for a job interview for example.
- Have a look at the local services available for someone suffering from serious stress or depression. Are these services adequate? If not, are services available regionally or nationally? Is there any way that you can volunteer to help, eg by being on a telephone helpline locally or being a counsellor for the younger children in school?
- As exam pressures take their toll, exercise is a really good way to relax. How about playing football as a unit during exams or joining a local football club?

## Body

### ENVIRONMENTALLY FRIENDLY SPORT

Play indoor hockey using rolled up newspapers and an old sock. There are many other games that require no equipment, try as many as possible. You could use these to make a games book for your unit or a youth group.





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## FIT FOR LIFE



### SPORT FOR ALL

Many sports can be adapted for people with disabilities. Investigate how different sports are adapted and how sports facilities in your area cater for people with disabilities. Is there anything you can do to improve the facilities?

### MINI-OLYMPICS

Run a mini-Olympics (either summer or winter) for your local Brownie or Guide unit or another youth group. Adapt sports to suit the location you're in.

### SHARING YOUR SKILLS

Help out with the coaching for children at a local sports club, this could be cricket, football, tennis or whatever other sport you are into. You could even gain a coaching qualification.

### BEST FOOT FORWARD

- Walking is a fantastic way to keep fit. If you enjoy it, think about completing the Girlguiding UK Walking Scheme at Level 1, 2 or 3.
- Walk instead of taking the bus, or get off a stop early, for one week.
- Take the stairs instead of the lift for a week.
- Walking at least 10,000 steps a day is good for overall fitness. Use a pedometer to see how many steps you take.

### EXTREME SPORTS

Try an extreme sport such as mountain boarding, kite surfing, caving, rafting, carting or sky-diving. Not for the faint-hearted and not cheap but a real challenge. Always make sure you check *The Guiding Manual* for rules and regulations regarding guiding-related activities.

[www.kitesurfing.org](http://www.kitesurfing.org)

[www.caving.uk.com](http://www.caving.uk.com)

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

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

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

### COMPETITIVE SPORT

Make an effort to play competitively in your chosen sport. If you already compete try and improve your performance. Perhaps you could aim for your team to finish higher in the league this season.

### PERSONAL BEST

Everyone has their own talents. Try and achieve a new personal best in a sport, this can be swimming a length if you don't swim at all or scoring a goal in a football match if you play football in a league.

### GETTING FIT, STAYING FIT

- As a unit, visit your local gym and try out some of the equipment.
- Try horse riding or dog walking as a fun way to get fit.
- Try out different styles of dancing.
- Buy or hire a fitness video and try it out with your friends.
- There are numerous fundraising runs and walks around the country. As a unit or an individual research which ones are available locally and chose one that you would like to take part in. Perhaps you could train as a unit.
- Try a sport that you've never tried before, for example, golf, yoga, fencing, archery, scuba diving, bowls, boules, boccia. Look on the Internet for more sports.
- Visit your local leisure centre for a swim evening or aqua aerobics class.



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## FIT FOR LIFE



- Have some fun with your friends by trying a winter sport! Is there somewhere near you where you can try ice skating, curling or ski bobbing?
- Go for a bike ride as a unit or with some friends. If it goes well why not think about going on expedition for the Duke of Edinburgh's Award on your bikes?

### SPORT RELIEF

There are many charities that fundraise through sport. Look at the difference that Sport Relief and other charities make through the projects they fund.

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

### SPORTS VOLUNTEER

How about volunteering at a local sporting event? All sports from athletics to tennis, from swimming to football need volunteers to help run them both at competitions and at ground level in schools and clubs.

### DEFEND YOURSELF

Knowing how to be safe is essential. Taking self-defence lessons will boost your confidence as well as your physical fitness.

### DEPORTMENT

Your posture can change the way you look. If you have bad posture this can lead to back problems. Try the Alexander Technique or deportment exercises to improve your posture.

### BODY IMAGE

- Would you consider cosmetic surgery? Think about the reasons for your answer.

- Find out about body dysmorphia and eating disorders. Visit [www.b-eat.co.uk](http://www.b-eat.co.uk).
- Collect a number of magazine and newspaper pictures and articles. Are the images used realistic? Do they put unnecessary pressure on young women to look a certain way? Write to a newspaper and/or magazine expressing your views.
- Fashions and trends vary according to time period and location. Research what was considered beautiful 50 years ago or 100 years ago. Do you think people in these times were healthier or less healthy than now? Look at fashions around the world. What's considered beautiful or attractive varies from country to country.

### HEALTH CHECK

If you want to stay healthy it's important to get different health checks at the right time. Find out how often or when you should:

- visit the dentist
- have an eye test
- have a hearing test
- have a smear test
- check your breasts
- have a mammogram
- have a cholesterol test.

### DIETS

- Investigate some of the most recent diets that you have heard of. Discuss whether any of them could damage your long-term health.
- Find out about 'superfoods'.

### DIETARY NEEDS

Eating healthily is a very important part of being fit for life.



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## FIT FOR LIFE



Investigate the food intolerances and allergies that exist today. Try cooking a meal for someone with an intolerance; for example, someone who is a coeliac. Do you think your unit camp could cater for this? Are there enough foods available locally for coeliacs?

### COCKTAIL NIGHT

Have a party with non-alcoholic fruit cocktails or smoothies. You can find some great recipes in the CD. Either make them yourself or try those available in the shops. Have the recipes available for people to take home if they like them.

### ALCOHOL AWARENESS

- Put together your own publicity campaign that would educate young people on the dangers of drinking.
- Ask your local In4mers to run a session on sexual health or drinking awareness. If you enjoy it, why not think about becoming an In4mer yourself?

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

### POI

Poi is a form of juggling with balls on ropes held in the hands and swung in various circular patterns, similar to club-twirling, originally practised by the Maori people of New Zealand (the word poi means 'ball' in Maori). Women use it to increase flexibility of the wrists and hands and men use it to increase strength in the arms and coordination. The concentration needed for Poi means it is an excellent form of stress release.

### TAI CHI

Tai chi exercises mind, body and soul. Find some tai chi classes to attend.

### RELAXATION EVENING

Everybody needs to relax at some point. How about dedicating a whole meeting to relaxation (or two hours of your time if you don't attend a unit)? Or how about playing relaxing music or playing card games with family or friends?

### CAREERS

There are many jobs in the sports, diets and fitness industry. Talk to someone who works in this area to see if you'd like a job in this industry.

### LONDON 2012

Are the London 2012 Olympics a good idea? Will the games have a positive impact on the environment and tourism or not? Investigate as a unit or on your own. Look at the effect the Athens Olympics had and the changes made in China for the 2008 Olympics. As a unit, debate the different points of view.

### Soul CHAKRAS

Find out about chakras (bodily centres of spiritual power) and try different ways to boost them.

### MY INSPIRATION

Are you inspired to challenge yourself? Look at some of the amazing things that people have done, for example sailing around the world single-handed or walking to the North Pole, or running seven marathons in seven days on seven continents. Make a collage or presentation about inspirational people and what they have done. Is there a challenge that you would like to do, for example run a marathon?



# look wider

## FIT FOR LIFE



### LIFT YOURSELF UP

When you're feeling low it can be difficult to remember what can make you feel good. Prepare for this by putting together a collection of things that make you smile. You could include a CD of songs that cheer you up, an album of photos that make you smile, a DVD that makes you laugh, or an inspirational book. Try collecting quotes from songs, writers or friends that make you smile and inspire you. You could do the same for a friend.

### COMPLIMENT OTHERS

- Everyone likes to receive genuine compliments. Try and compliment a different person every day for a month.
- Keep a list of things you like about yourself. Add to it whenever anyone pays you a compliment.
- At a Senior Section meeting get everyone to write something good about each other. Use small cards and then collect them together so each individual has a pile of cards to read next time they feel low.

### FRIENDS PHOTO FRAME

Make a photo frame for a friend, decorate it with words that make you think of that friend and put a photo of the two of you together in the frame. Alternatively buy a clock mechanism and use an old CD to make a clock. You can decorate the CD with images of you and your friend or words that describe your friend.

### BOOK OF ME

Start your own book to record all the things that have been important in your life using words and images.

### AIM HI!

Take part in *Aim HI!*, Girlguiding UK's cross-sectional resource aimed at creating healthy individuals. You might even like to run an Aim HI! session for another local unit.





# look wider

## COMMUNITY ACTION



*'How wonderful it is that nobody need wait a single moment before starting to improve the world.'* Anne Frank

The aim of this octant is for you to make a positive difference in the community, be it your immediate community or the wider global community. The *Right Now!* and *Together We Can* (out 2011) publications contain lots of community action ideas. Use these to make a difference to yourself and others.

### Local action

#### WIDEN YOUR KNOWLEDGE

With education and knowledge come understanding and skills. By learning about other cultures and people within your own community you can identify ways in which you can make a difference.

Find out about the work of different groups in your own area. These could include religious groups, conservation groups, groups that work with people with disabilities, groups that work with new mothers, safety groups, arts groups, hospices, animal rescue charities. Whatever your passion there is almost certainly a group you can support in some way.

#### MAKE A DIFFERENCE LOCALLY

- Take your neighbours' rubbish out for them.
- Walk someone's dog.
- Offer to get someone's shopping for them.
- If you can drive, take someone to the doctor or hospital when they need to go.
- Babysit for a friend or neighbour.
- Grit someone else's driveway or garden path in icy weather.
- Update the magazines in a doctor's, dentist's or hospital's waiting room.

#### BE ENVIRONMENTALLY FRIENDLY

- Help the environment by making recycling a pleasant and easy experience for others. Where is the nearest recycling point to your home? Contact your local council and see if you can become responsible for keeping the recycling point tidy. Think about what would make it easier for others to recycle and work out ways to improve this.
- Remember to recycle as much as possible yourself and try to buy items with minimal packaging.
- When you've read a good book don't just file it on the bookshelf; share it with others by donating to a charity shop or by registering it with [www.bookcrossing.com](http://www.bookcrossing.com) and then leaving the book somewhere for other people to find.
- Regularly go through your wardrobe and, rather than throwing away clothes that you don't wear or don't fit, donate them to a charity shop or hold 'swap it' parties. You can do the same with books, CDs and other household goods.

#### LOOKS MATTER

- Do something to make a difference to a local community site, be it a school or a place of worship, a community centre or a playground. It could just be to give it a good clean, or to arrange for new curtains to brighten the place up, tidy up the garden or give it a coat of paint. Remember to consult the community users to find out what they want to do and get permission from the relevant places before you start work.
- Organise a litter pick to make your community look better. You could use what you pick up to make a display and show others why it is important not to drop a single piece of litter.



# look wider

## COMMUNITY ACTION



### MAKE A DIFFERENCE TO YOUNG PEOPLE

- If you are at school become a mentor - you could get involved in paired reading or help the learning support department at lunchtime. If you are in further education or at work you could get involved with mentoring or tutoring other young people.
- If you have completed your Leadership Qualification, why not become a guiding mentor and help a new Leader through theirs? You could also be a mentor for a candidate working on the Queen's Guide Award.
- Help with an after school club or a play scheme.
- Volunteer to be a homework tutor for an online homework forum.

### GET INVOLVED

- Attend a community meeting. This could be a council meeting, an MP's surgery, a religious gathering or any other community meeting in your area. By being involved with the community you can make a real difference.
- Does your area have a Neighbourhood Watch scheme? Neighbourhood Watch is a partnership where people come together to make their communities safer. It involves the Police, Community Safety departments of local authorities, other voluntary organisations and, above all, individuals and families who want to make their neighbourhoods better places to live.  
[www.neighbourhoodwatch.uk.com](http://www.neighbourhoodwatch.uk.com)

### GET ACTIVE

- Take part in or organise a charity sporting event to raise money for a cause you support.

- Many events need volunteers, from first aiders to people giving out drinks of water, to buddies for people with disabilities. Use your skills to volunteer at an event near you.

### HELP THE HOMELESS

- Volunteer at a local homeless shelter or soup kitchen.
- Volunteer with an organisation that supports homeless people. You could train to be a supporter or mentor for homeless people.

### SUPPORT REFUGEES

Imagine what it would be like to have to flee your own country to escape from political oppression or war. The UK has a large number of refugees and asylum seekers. Contact the Refugee Council to find out how you can help.  
[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)

## Global action

### HOLD A MODEL UN DEBATE

Learn about conflict resolution by holding a mock United Nations debate where each Senior Section member represents an allocated member state of the United Nations and debates issues from the perspective of her assigned country. Delegates assume the roles of Ambassadors to the United Nations and seek ways, through the means of diplomacy and negotiation, for the world community to find solutions to global concerns such as the environment, economic development, AIDS, conflict resolution and human rights. Visit the UN website to find ideas for debates.

[www.un.org](http://www.un.org)



# look wider

## COMMUNITY ACTION



### SHOE BOX APPEALS

Collect items to be sent in a shoe box to communities in need. If there isn't a collection in your local area you could set one up. Visit these websites for further information.

[www.samaritanspurse.uk.com](http://www.samaritanspurse.uk.com)

[www.aquabox.org/project.htm](http://www.aquabox.org/project.htm)

### GOOD GIFTS

When you're buying gifts for people consider buying gifts that will benefit others. You can buy anything from a hair cut for someone in the UK to a goat for a family in Africa.

[www.goodgifts.org](http://www.goodgifts.org)

### WRITE ON

Find out about the work of Amnesty International (AI). AI is a worldwide movement of people who campaign for internationally recognised human rights by writing appeals to governments and other authorities about all cases of human rights abuse.

[www.amnesty.org](http://www.amnesty.org)



# look wider

## OUT OF DOORS



The aim of this octant is to encourage you to appreciate, explore and enjoy the outdoors. Always discuss with a Leader or Commissioner and check *The Guiding Manual* online about rules and regulations regarding your chosen outdoor guiding activity.

### Outdoor sports

#### GET OUTSIDE

Try and do something different outdoors every day for a week.

#### SOMETHING NEW

Try a new sport or activity like dry slope skiing, land sailing, canoeing, kayaking, climbing, abseiling, archery, high ropes, wind surfing. If you enjoy it, consider taking a course or a qualification in the activity.

#### TOP OF THE WORLD

- Challenge yourself to climb to the top of the highest peak in your area. You could then challenge yourself to climb the highest hill/mountain in your region or even country.
- Go 'Munro bagging'. A Munro is a mountain over 3,000 feet, of which there are more than a hundred in Scotland. Munro bagging is the practice of 'doing' each Munro and ticking it off on a list until you have walked, climbed or staggered up them all.
- The Three Peaks Challenge requires you to climb Ben Nevis (Scotland), Scafell Pike (England) and Snowdon (Wales) in 24 hours, but there is no reason why you can't complete the challenge over a longer time period. Instead of driving why not try a more environmental challenge of cycling or sailing between the peaks!  
[www.thethreepeakschallenge.co.uk](http://www.thethreepeakschallenge.co.uk)

#### COMPASS POINTS

Can you visit the most northerly, southerly, easterly and westerly points of your town? Your county? The UK?

#### WALKING

If you enjoy walking consider working towards the Girlguiding UK Walking Scheme at Level 1, 2 or 3, whichever is appropriate for you.

#### HIKING

- Go long-distance hiking. There are many long-distance walks around the UK - research one of them and challenge yourself to walk it. This can be done either in one go over several days or a week, or in sections. Maybe you could challenge yourself to complete a section a week through the whole year. Some long-distance walks include The Pennine Way, the South Downs Way, the West Highland Way, the Ulster Way and Offa's Dyke Path.
- Hiking in the dark is very different from hiking in daylight. Try exploring somewhere local to you, but at night. In the winter you could go on a night hike as early as 6pm.
- Be involved as either a participant or an organiser of an incident/challenge hike. An incident hike is a walk with a difference, teams of people complete a hike around the route with several puzzles to be solved along the way.

#### ON THE WATER

- Explore your local waterways or those further afield either by towpath or by boat. There are several narrow boats owned by community groups and guiding Counties which can be hired (with or without qualified skippers) for very reasonable costs.
- Gain the Girlguiding UK Rowing or Power Boating qualification.





# look wider

## OUT OF DOORS



### COORDINATION

- Spend a day orienteering, take part in a competition and get yourself a qualification so that you can teach others.
- Try geocaching - treasure hunting with a difference. GPS receivers are used to identify and find places of special interest or beauty where cachers will hide a small waterproof box containing a few varied bits and pieces (usually of little value), a logbook and a pen or pencil. Finders will access the coordinates from a website and try and find the cache. If successful they may take part of the cache and leave something in return. They can make a log of their visit on the website. These logs are important to the cache hider, it is part of their 'reward' for hiding the cache.
- The Degree Confluence Project. A degree confluence is the exact spot where an integer degree of latitude and an integer degree of longitude meet. There is a confluence within 49 miles (79 km) of you at any point on the surface of the Earth. The Degree Confluence Project is an organised sampling of the world; participants travel to within 100m of a degree confluence, take a photo and submit their story to the website, [www.confluence.org](http://www.confluence.org).

### GORGE WALKING

- Gorge walking involves walking following the course of a river or stream through whatever obstacles it goes. Check *The Guiding Manual* for safety information about taking part in this activity.
- Following a stream is a less strenuous method of following a watercourse. Follow a local river or stream to either its source or to the point it joins with a larger watercourse or river.

### CAVING

Caving is the exploration of caves. It may not be the first time a cave has been entered but it might be exploration on a personal level by someone who has not been in that particular cave before. You will usually be part of a group of cavers who often get as much fun out of being together as a group as being in the cave - helping each other through obstacles, sharing the wonder of a passage's beauty with others or just having a good sporting trip. Remember to check *The Guiding Manual* for safety information on caving.

## Outdoor activities

### ASTRONOMY

Discover the night sky by visiting an observatory or spending time star gazing. You can find lots of information on different astrological phenomena at [www.britastro.org/baa](http://www.britastro.org/baa).

### CONSERVATION

Make a positive difference to the outdoors by joining a conservation group and taking part in a conservation activity.  
[www2.btcv.org.uk](http://www2.btcv.org.uk)

### TREE PLANTING

Planting trees can serve numerous functions including making areas more attractive, providing valuable habitats for birds and wildlife and maintaining the balance in our eco system. The Woodland Trust can advise you on how to get involved with tree planting in your area. Visit [www.woodland-trust.org.uk](http://www.woodland-trust.org.uk).



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## OUT OF DOORS



### BIRD WATCHING

You don't have to leave the warmth of your own home to enjoy the outdoors. Observe what wildlife you can see from your own window. You could contribute to national research by recording your sightings for Bird Track, [www.bto.org/birdtrack](http://www.bto.org/birdtrack), or taking part in the Royal Society for the Protection of Birds' Big Garden Birdwatch.

[www.rspb.org.uk/birdwatch](http://www.rspb.org.uk/birdwatch)

### CAMPING SKILLS

- Improve your camping skills by pitching different types of tent. Can you put up a tent in the dark? In the rain? If you enjoy camping, you might like to work towards your Senior Section Permit.
- If you've ever had the opportunity to camp with Scandinavian Scouts you will have seen the size and variety of gadgets and pioneering projects that they construct. Try constructing your own tables, chairs, flagpoles or towers.  
[www.pioneeringprojects.org](http://www.pioneeringprojects.org)
- Learn different ways of cooking outdoors, for example, on a Trangia, in a cardboard box oven, in a haybox or in a solar stove. You could try cooking puddings using each of the different methods.
- Camping isn't just for the summer. Challenge yourself to spend one night during each season outside. Or, if you're feeling really brave, spend one night a month outside. Several Countries and Regions have badges you can earn to mark your achievement.
- In the summer you don't need a tent to sleep outside, spend a night directly under the stars.

### TRAILS

Try setting a trail for other people to follow, you could use traditional tracking signs, photos

taken from unusual angles, a map, cryptic clues - use your imagination!

### LAND ART

The outdoors provides a wonderful canvas for large scale art projects. Land art is a type of modern art that uses natural substances, such as rocks and soil, as its raw materials and is often inspired by natural processes. Look at examples of land art on the internet and try and create your own artworks.

### LAND SAILING

You don't need water to sail, land yachts are lightweight wheeled vehicles with sails. The top yachts are capable of achieving speeds of up to 70mph. Find out more at [www.bfslyc.org.uk](http://www.bfslyc.org.uk).

### EVALUATE YOUR LOCAL PARK

You don't have to go far to find something fun to do outdoors. Spend some time getting to know your local park. What facilities are there for young people? For older people? Is there something that can be appreciated by people with visual impairment? Wheelchair users?

### PHOTOGRAPHY

- Spend time appreciating the outdoors by taking photos of different things. Try taking photos of things from different angles and use the pictures to compile a quiz which could be sold to raise money.
- Create a journal of your area by taking photos of the same scene at different times of the year.
- Set a challenge for you and your friends to take pictures of yourselves in different poses in different locations.



# look wider

## OUT OF DOORS



### GAMES

Plan and run a game for Rainbows/Brownies/ Guides that either teaches them about the outdoors or teaches them an outdoor skill.

### WIDE GAMES

Wide games are games played over a large area. They usually involve a large number of people and require lots of imagination. There are lots of ideas for wide games in different guiding publications. One really popular wide game is 'Capture the flag'.

#### Capture the flag

- 1) Pick out two even-sized teams.
- 2) Set boundaries for the game, these can be wherever you want them. What you should end up with is a large rectangle or square.
- 3) Draw a line through the middle of the playing zone that divides the two sides. Each team should be able to choose where they want its flag and jail, but each team has to show the other team where they are and both teams have to agree on the placement of the flags and jails.
- 4) Each team goes to its own side of the playing zone and the game begins. The teams are free to go at the other's flag. If a team member is caught in the other team's territory (ie by being 'tagged' by a player on the opposite team), she is sent to jail and must stay there until either the game ends or she is freed by a member of her own team - by being tagged by a 'free' member of her own team. The freed player gets a free walk to her own side of the playing field but the liberator may still be tagged and put in jail.
- 5) To win the game the opposition's flag must be captured and removed from their territory.

It is up to the team to decide how the members are placed. For example, two players

might guard the flag and one player guard the jail, while two or more players stick around and help provide the defence. The rest go for the flag.

### GHOST WALK

Do you know the history of your local area? Many places have gruesome stories attached to them. Without scaring yourself too much, take part in or organise a ghost walk and find out the history of your area.

### OFF-ROAD DRIVING

Research places locally where you can learn to drive unusual vehicles, for example, diggers, tractors or tanks, and organise a day there where you can test them.

## Travel

### EXPERIMENTAL TRAVEL

Experimental travel is a playful way of travelling, where the journey's methodology is clear but the destination is usually unknown.

- Discover your own or a foreign town by following alternating travel directions. Leave your home on foot. Take the first road on the right, then the next on the left, then the next on the right, then the next on the left, and so on. Carry on until something - a no-man's-land, a building or a stretch of water - blocks your path and you can go no further.
- Play 'travel consequences'. The first person writes down the name of a destination (you can limit the range if you like) on a piece of paper. They then fold it over and pass it to the second person, who writes down an activity, folds it over and passes it on. Continue until everyone has written something down. Possible categories include dress code, budget, duration of travel and theme. When everyone has added a category





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## OUT OF DOORS



to the piece of paper, unfold it and see what outing the group has created.

- Visit a place at night. Travel to your chosen destination, arriving in the evening. Spend the night exploring the town and its surroundings until the sun rises, then return home.  
**Note:** while this experiment offers a good excuse to explore a city's nightlife, it doesn't have to be the focus of your trip - thinking laterally may yield more interesting results.
- Pick a personal or group mascot and take it on your travels with you, eg a stuffed toy, pet rock or garden gnome. Take its picture outside famous landmarks and record its other experiences with a camera. On your return home, consider making a photo album of your mascot's travels. Show it to your friends. The album should look like you were never there.
- Have a running supper/safari supper/food hike - travel between locations and have one course of a meal at each location.
- Get to know your own town better by seeing if you can visit a street beginning with each letter of the alphabet. If you're feeling adventurous you could try and visit a town beginning with each letter of the alphabet.
- Travel a synchronised path with your friends and discover whether parallel lines ever meet. Participants travel around a chosen location using a ten-stage set of common directions, taking notes and photographs to record their experiences at each stage. Where directions don't match the environment, they improvise. For example:
  - 1) The first stage is your starting point.
  - 2) Walk in any direction for 50 to 100 paces, and then turn 180 degrees.
  - 3) Continue walking in that direction until you see something blue.
  - 4) Make a left turn and walk 50 to 70 paces.

- 5) Walk in any direction until you see the number 7 or 11 - or something that looks like it.
  - 6) Take the first left, and continue walking until you find somewhere to sit.
  - 7) Choose any direction and walk for 25 to 50 paces.
  - 8) Continue walking until you see an unusual colour, shape or texture. Turn 180 degrees.
  - 9) Keep walking in any direction until you see an archway or an unusual architectural feature.
  - 10) Head for home, but continue looking for something that catches your eye.
- Take a suburban train out of the city and travel to the end of the line. If no train is available, choose another form of transport. If possible, find accommodation to stay the night and explore the area that you find yourself in.
  - The UK is made up of England, Scotland, Wales and Northern Ireland. Have you visited them all? It is possible to visit all four within a long weekend by planning your travel well?
  - How many modes of transport can you use in a day?
  - How far can you travel on £1/£5/£10?
  - Compile a list of classic songs about specific cities (*New York, New York, I Love Paris, Chicago* etc). Pick one of the songs at random and travel to the city in question, recreating the various places, scenes or moods described in the song.
  - Decide where you'd like to be and what you'd like to be doing (eg eating kimchi in Seoul, dancing the tango in Buenos Aires, hiking in Ecuador), then try to do it in your home town.
- [www.lonelyplanet.com/experimentaltravel](http://www.lonelyplanet.com/experimentaltravel)





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## OUT OF DOORS



### TRAVEL WRITING

Read a travel writer's report of your own town and then re-write it to be more accurate. Post your report on a suitable website, such as [www.knowhere.co.uk](http://www.knowhere.co.uk).

### TRAINING AND ACTIVITY CENTRES

Did you know Girlguiding UK owns a number of Training and Activity Centres around the UK? The main centres are Foxlease, in the heart of the New Forest; Waddow in Lancashire; and Blackland Farm in East Sussex. Several Countries and Regions also have their own centres, such as Broneirion in Wales; Netherurd in Scotland; Lorne in Ulster; and Hautbois in Anglia. Find out what's on offer at each centre by visiting the Girlguiding UK website and try to visit them all.

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



# look wider

## INTERNATIONAL



The aim of this octant is to encourage international experiences and raise awareness of international issues and cultures. The opportunities are endless, and there is a vast amount of information available. Have a think about what you would like to do and then find out how you can do it.

### Travelling abroad

#### INTERNATIONAL CAMPS

Each year there are many international Guide and Scout camps held in the UK and abroad where you can meet Guides and Scouts from other countries while having fun. Details of international camps can be found on the international pages of the Girlguiding UK website ([www.girlguiding.org.uk](http://www.girlguiding.org.uk)).

#### TRAVEL WITH OTHER SENIOR SECTION MEMBERS

The International module of the Senior Section Permit allows you to travel abroad with other Senior Section members. Exploring a new place is a great way to have fun with your friends. You will need to have completed the Senior Section Permit and have used it at least once before you can work towards the International module.

#### LEAD AN INTERNATIONAL TRIP

Most guiding Countries and Regions regularly organise trips abroad for their Guides and Senior Section members. Contact your Country/Region International Adviser to find out how to get involved.

#### GOING FOR GOLD

Guiding Overseas Linked with Development (GOLD) is one of Girlguiding UK's most exciting programmes. Find out more from your CD.

#### VOLUNTEER ABROAD

- The World Association of Girl Guides and Girl Scouts (WAGGGS) owns four international centres in the UK, India, Mexico and Switzerland. Volunteering at one of them is a really fun way to get to know a different culture.
- There are many other organisations - such as Earthwatch, Raleigh International, BUNAC and VSO - that enable you to spend time in another country using your skills to help its people. Most require you to raise funds for the trip; see the fundraising section of this CD for ideas.

[www.earthwatch.org](http://www.earthwatch.org)

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

[www.bunac.org](http://www.bunac.org)

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

#### FUTURE PLANS

Imagine if you could move to anywhere else in the world, what would be the most important factors in your decision of where to go? Climate? Jobs? Money? Are there any places that meet all your requirements? What would you have to do in order to make the move happen?

#### PLAN A TRIP

Visit travel agents and use the Internet to enable you to plan your dream international trip. Where would you go? Why? How much would it cost? Consider how you would travel and where you would stay. What would you most like to see on your trip? Share your plans with others. Is there any way you can make the trip happen?



# look wider

## INTERNATIONAL



## Becoming a citizen of the world

### UNDERSTAND OTHER CULTURES

In order to develop as a citizen of the world, it is important to understand other cultures and how world issues affect everyone in different ways. Girlguiding UK's *Together We Can* publication includes many different activities to help you increase your knowledge and make a difference in the world.

You can also use the Internet to explore world issues in a fun and interactive way. See for example [www.ecokids.ca](http://www.ecokids.ca).

### HOW BIG IS YOUR CARBON FOOTPRINT?

Your 'carbon footprint' is a measure of the impact that your activities have on the environment in terms of the amount of greenhouse gases produced, as measured in units of carbon dioxide. Everything we do has an impact on the environment.

- Calculate your carbon footprint here: [www.carboncalculator.co.uk/calculator.php](http://www.carboncalculator.co.uk/calculator.php).
- Research different ways to reduce or offset your carbon footprint.

### WHERE DOES YOUR FOOD COME FROM?

The phrase 'food miles' describes the distance food has travelled before you eat it. Calculate the food miles for a meal you've eaten. This includes the distance the food has travelled to get to the shop and then the distance from the shop to your home. Work out different ways you could reduce the food miles in your meal, buying locally produced fruit and vegetables for example.

### FAIR TRADE OR NOT?

- Play the Trading Game or other similar games ([http://learn.christianaid.org.uk/youthleaderresources/trading\\_game.aspx](http://learn.christianaid.org.uk/youthleaderresources/trading_game.aspx)).
- Look at your local supermarket for Fair Trade products, have a tasting session in your unit, can you taste the difference?

### DIVERSITY IN THE UK

Even within the UK there is a lot of cultural diversity.

- Invite someone from a different culture to talk about his or her lifestyle.
- Celebrate a festival from a culture different to your own.
- Learn a language relevant to your own community, for example, Urdu, Polish or Kosovan.

### UNDERSTAND THE COMMONWEALTH

The UK is part of the Commonwealth - a group of countries formerly ruled by Britain but which now have equal status.

Find out more about the countries that make up the Commonwealth. Consider working towards the Commonwealth Award.

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

### THE UNITED NATIONS

The United Nations (UN) describes itself as a 'global association of governments facilitating cooperation in international law, international security, economic development, and social equity'. It works through its family of organisations to protect the environment, resolve international conflicts, fight disease, promote respect for human rights and reduce poverty.

The World Association of Girl Guides and Girl Scouts has consultative status in the UN and



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## INTERNATIONAL



works with different committees of the UN. WAGGGS is represented in the UN through volunteers who live in Geneva, Vienna, Nairobi, New York, Paris and Rome. If you are living in one of these cities find out how you can get involved by visiting the WAGGGS website.

[www.un.org](http://www.un.org)

[www.wagggsworld.org](http://www.wagggsworld.org)

### POLICY MATTERS

- Find out the government's policy on immigrants and asylum seekers and organise a debate with your Senior Section group to decide if you agree with the policy or not.
- Ask a local In4mer (peer educator) to come and run a session on asylum seekers and refugees.

### THE EUROPEAN PARLIAMENT

Find out about the role of the European Parliament. Who is your local Member of the European Parliament? How do they represent you in Europe? Write to your local MEP about his/her role.

## Living and working in the world

### IN THE NEWS

Use newspaper websites to read news stories online. Look at the way different newspapers around the world report on the same story.

### MULTINATIONAL COMPANIES

- Many companies now have bases in several different countries. What issues do they have to address in order to meet the needs of employees around the world?
- Does the company you work for give you

opportunities to work abroad? Find out how you can get involved.

### TEACHING ENGLISH

Around the world many thousands of people are interested in learning to speak English.

- Study for a Teaching English as a Foreign Language Certificate (TEFL) and use your skills to enable you to travel to other countries and teach English.
- Gain a qualification in teaching English as a second or other language (TESOL) and spend time teaching English to people who live in the UK but don't speak English.
- If you don't have the time or money to take a qualification you could volunteer to assist with English language courses in your community.

### BECOME A TOUR GUIDE

Each year thousands of people travel to the UK from other countries to study English. Many language schools require tour guides or host families to show young people around the local area.

Find out how you can get involved and then use your time to share your local area with others and learn about their culture.





# look wider

## INDEPENDENT LIVING



The aim of this octant is for you to spend time building on life skills that will help you live independently. Learning skills that will help you throughout your life is a valuable part of being involved in guiding.

### Independent finance

#### STUDENT LIFE

- Work out how much money you will need for one year at college, including rent, bills, tuition fees, food, travel, textbooks and so on. Look at the different ways you could finance your time in further education.
- The average student spends £25 a week on food shopping. Plan a menu for a week based on this budget.

#### MOBILE MATTERS

The majority of people own or will own a mobile phone. Providers are constantly changing tariffs and special offers so it can be very confusing trying to choose a mobile phone package. Investigate what packages your friends are using and what others are available. Use this information to decide how you can save money.

#### A PLACE OF YOUR OWN

- Research the costs of housing in your area; would it be cheaper over time (talking about a period such as ten years) to buy or to rent?
- Imagine you are living in a place of your own. As well as costs for setting it up, there are many different things, known as regular household expenses, you will be responsible for paying. List all the things you will need to pay for and work out what they would cost each week. Then work out how much it would cost to live for a year, and where savings could be made if possible.

- The majority of people buying a house or a flat need a mortgage. What do you know about mortgages? Find out different types of mortgages and consider which type would best suit you and why.
- Try designing your own bedroom. Consider the size of the room, the space available, the furniture you'll need and the cost of materials.

#### MONEY WISE

- There are several different types of bank accounts and methods of saving/generating money. Collect information about different accounts and decide which type of account will be best for you. Some banks offer incentives to encourage you to bank with them, are these really worth it when you consider interest rates and overdraft charges? Open a bank account and use it to save for your future.
- Can you save 50 per cent of your 'leisure spending' money for a month by doing cheaper/free activities? At the end of the month work out if you missed out on anything.
- Get an independent financial adviser in to talk to you about credit card interest rates and so on.

#### TAX

Many people will tell you that taxes are an inevitable part of working but what do you actually know about them? What is your tax allowance? How are your taxes spent? Finding out this information now could save you money in the future. You could follow up this activity by finding a creative way to share the information you've found with other people, maybe creating a video or website.



# look wider

## INDEPENDENT LIVING



### UNIT FINANCES

Looking after other people's money is a big responsibility. Learn how to do the accounts for your unit and take responsibility for the accounts for a term. What processes are in place so that members can see how their money is being spent?

### Home life

#### KEEPING SAFE AND WELL

- There are rules that landlords need to keep if they are letting a property. Find out what these rules are and how to make sure that they are being kept. If possible, ask a letting agent to talk to you about the processes you need to go through when you're looking for a place to live.
- Knowing how to keep your kitchen hygienic is really important in order to stay healthy and avoid getting infections. Take a hygiene certificate (this can be a physical course or a CD course). Once you have done it, think about gaining experience catering for a camp; when you feel confident do the Girlguiding UK Catering Scheme.

#### EATING WELL

- Plan a meal for either your unit or a group of people. Estimate how much you think it will cost and see how accurate you are when you go shopping. If you enjoy doing this you could work towards the Girlguiding UK Catering Scheme.
- Can you tell the difference between cheaper and more expensive varieties of the same product? Try cooking the same recipe with supermarket own brands and then with more expensive brands. Can anyone really tell the difference? Are there some products where paying more money really makes a difference? This activity will help you make choices when you have to stick to a budget.

- Food is a major part of many celebrations. Experiment with cooking different celebration foods and take on the cooking for an event you celebrate.

#### WASH AND GO

Do you do your own laundry? If so you probably know what the different washing symbols mean. If not now is a good time to learn. You could also see how you can make a difference to the environment by washing your clothes at 30° Celsius.

#### PARENTING SKILLS

- Do you know anyone with a small child or a baby who you could spend time with? Ask if you can help look after the child and learn some of the childcare skills needed. Talk to the parent about how having a child has changed their life: do they have more or less money than before? Do they have more or less time to themselves than before they had a child? If you have enjoyed your contact with a young child you could take the British Red Cross babysitting course.
- Decorate a bag of flour and pretend it's a baby. Give it a name and look after it for a week. You need to take it everywhere (or arrange adequate care for it).

### Work life

#### PLANS

- Have you thought about what job you would like to do in the future? You may have the opportunity to take tests to determine the type of job that may suit you at school or college. There are several free online tests you can take to identify possible careers and the type of activity you are suited to; visit [www.prospects.ac.uk](http://www.prospects.ac.uk).



# look wider

## INDEPENDENT LIVING



- Visit places of further education such as schools, techs, colleges and universities to find the one that offers the best course(s) for you. Many universities run residential courses to help you decide what and where to study. Attend a course or talk to someone already at university to find out what it's really like.
- Do you know what job you'd like? Undertake some work experience to see if it really is what you want to do. If you are already working, try doing some voluntary work in a completely different sector - it could open your eyes to new ideas.

### JOB APPLICATIONS

- Have you ever completed an application form? Or had a job interview? Being able to fill in an application form and being prepared for interviews is valuable whether you are applying for a course at college or to be a top executive. Collect application forms for a variety of jobs or courses, fill them in and then ask someone who works in Human Resources or with applications to comment on them. You could even ask them to interview you and give you tips on being interviewed.
- A curriculum vitae (CV) is an outline of your educational and professional history and it should give a prospective employer enough interesting, relevant information to get you an interview. Have a look at the CV pages of this CD for tips on including guiding on your CV. Write a CV for yourself and ask a teacher, career adviser or recruitment professional to critique it for you.
- Psychometric tests are tests that some employers use to find out about your personality. There are no right or wrong answers but they can be scary if your first encounter with them is at a job interview. Download some psychometric tests from the internet and try completing them.

### EQUAL OR NOT

What do you know about equal opportunities? How would you know if you were being discriminated against? Find out the different rules that affect you as a woman and share this information with your peers. Some ideas to consider are maternity rights, minimum wage and working conditions.

### SAFETY MATTERS

Work out the safest way to leave your school, house or place of work in the event of a fire. All workplaces must have an appointed health and safety officer, find out who this is and what their role involves.

### GET BALANCED

It's important in life to maintain a balance between the time you spend working or studying, the time you spend on essential tasks and the time you spend on yourself. At different times in your life, different things will take priority but there should be some time for the things that are important to you. Keep a diary of everything you do and the time you spend on it for a week. Now decide what activities can't be changed, eg the time you are at work, school or college every day, and what you would like to fit into the rest of the time. Write a diary for the coming week showing how you would like to spend time and then follow your diary.

### GET AWAY

Often in life we are faced with having to work with people we don't know. Prepare for this by going away on a camp with a group of people that you have never met before.





# look wider

## INDEPENDENT LIVING



### Social life

#### PEER RESIDENTIAL

Going away with your friends is really fun. As a group, plan to undertake any training necessary and go on a peer residential.

#### STAY SAFE

Wherever you live it's important to know how to keep you and your belongings safe. Organise a personal safety evening for your unit or your friends. You could ask a self-defence instructor to give you help. The Suzy Lamplugh Trust website contains some useful advice on personal safety.

[www.suzylamplugh.org](http://www.suzylamplugh.org)

#### ARE YOU IN4MED?

Get a local In4mer to run a session on drugs, sexual health or alcohol for you. If you enjoy the session, read up more from your CD about how to become an In4mer yourself.

### Other life skills

#### FIRST AID

Knowing what to do in an emergency is a really useful skill. Attend a first aid course suitable for your age and experience so you know what to do should something happen. Girlguiding UK runs 1st Response trainings which cover basic first aid.

#### LETTER WRITING

At some point in your life you are likely to need to write to a company or organisation to share your views. Develop your letter-writing skills by writing to *guiding* magazine about an issue in guiding that affects you.

#### MAKE A COMPLAINT

It is never easy, but it's better to make a constructive complaint about something rather than to get worked up and not say anything. Businesses would prefer you to tell them if you are unhappy with their service rather than to tell many other people. Think about the most productive ways to complain. Role-play different situations where you haven't received good service; think about the language you use, your posture and what you want to achieve.

#### HAVE YOUR SAY

- Find out about local government in your area. What responsibilities does each level of government have? How do you get involved with local government? Find out who you should contact if you aren't happy with something in your local area.
- Research at what age it is legal to do different things. Do you agree with these rules? If not, contact your local MP to share your views.  
[www.connexions-direct.com](http://www.connexions-direct.com)

#### DRIVING

- Learn to drive a car or a motorbike. You will need to take a theory test followed by a practical driving test to get your licence.
- Learning to look after your own vehicle is important whether this is a bicycle, a moped or a Ferrari. Learn how to care for your own vehicle by taking a course or asking someone to teach you.
- Even if you don't drive, it is important to know what different road signs mean. Use the Highway Code to learn about road signs in the UK. If you already know about road signs in the UK, prepare for travel in other countries by researching road signs abroad.





# look wider

## INDEPENDENT LIVING



### CAPITAL DAY

Plan a day trip to your capital city using only public transport from your nearest railway or bus station. Look up timetables and costs. If possible, carry out your trip.



# look wider

## PERSONAL VALUES



The aim of this octant is to encourage you to think about and investigate the values you hold and develop an understanding of other people's values.

Personal values are precisely that - personal. The values you hold will be different from the values held by even your closest friend, and it is important to recognise this when completing this octant.

### Milestones

#### LIFE PLAN

Consider what has impacted your life so far and plan what you would like to happen in the future. Use a large piece of paper and draw a path on it. At one end of the path is your birth. Move along the path marking on the things that have been important in your life - birth of siblings, starting Guides, death of a grandparent and so on. What you write will be as personal to you as the events that have influenced you. Mark on the path where you are now and then mark 1 year, 5 years, 10 years and 20 years from now. Fill in the plan showing what you would like to happen between now and each of those dates. Keep your plan to remind yourself what you would like to achieve.

#### WHO DO YOU THINK YOU ARE?

Many things, including your parents, who will in turn have been influenced by their family, may shape the views and values you have. What do you know about your family history? Talk to older generations of your family to find out about their lives and what has influenced them. Try and trace your family tree to discover your own heritage.

[www.bbc.co.uk/history/familyhistory](http://www.bbc.co.uk/history/familyhistory)

#### VALUES OVER TIME

- Values are influenced by the time you are living in. What was most important to people several generations ago may be completely different now. Look back in time and explore how people's values have changed.
- Keep a diary, a blog or audio/video journal of your thoughts and feelings over a period of time. Look back later to see how your views change.
- Our values change with our life experiences. Sometimes a major event forces us to totally rethink our priorities and values. Talk to someone who has faced a life-changing event, such as someone who has had to overcome a disability or someone who has had someone close pass away, and find out how their values have changed.

### Beliefs

#### I BELIEVE

- A creed is a statement of beliefs by which you live your life. Read creeds written by other people - for example the Christian Apostles' creed, Shema Yisrael, the UN Rights of the Child - and then write your own personal creed.
- People's values are often linked to their spiritual beliefs. Increase your understanding of other spiritual beliefs by visiting two different places of worship for a service and comparing them.
- If you have a faith, explore your personal understanding of your faith and if possible take your beliefs further. Attend a discussion group that meets regularly for instance.
- Talk to someone who has a strong faith, preferably one that is different to your own, and find out how their faith affects their life.



# look wider

## PERSONAL VALUES



### STAND UP FOR WHAT YOU BELIEVE IN

*'Never doubt that a few committed individuals can change the world. Indeed it is the only thing that ever has.'* Margaret Mead

- The world can be changed by people standing up for what they believe in. In 1955, Rosa Parks, a black woman in Alabama, broke local law by refusing to give up her seat on a bus for a white man. This single act sparked off a change to American law and the creation of the Civil Rights Act. Today, all Americans, whatever their race, nationality, or religion, must be given equal treatment under the law. What do you believe passionately in? What can you do to make others aware of something you believe in?
- Being able to voice what you believe is an important skill. Organise a debate or join a debating society.

### VALUING YOUR BODY

How you treat your body reflects your personal values and thus affects your attitude towards sex, drugs and alcohol. Get a local In4mer to run a session on drugs, sexual health or attitudes to alcohol for you.

## A life in words and pictures

### PLAY LISTS

Create a CD or a play list of music which represents your life. If you had to choose one song to illustrate your view of the world what would it be? Share your song choice with your friends.

### TREASURED POSSESSIONS

- Think about your most treasured possessions, why are they important to you? Ask your friends and family about theirs. You could

hold an evening where you each bring in something important to you. As a group guess which item belongs to which person, and then ask them to share with you why that item is important.

- Create a collage or scrapbook of images and text of things that are important to you. Share this with a friend.

### ART ATTACK

Sometimes an image or a phrase can really make you think about what you value. Visit an art gallery or an exhibition to challenge your mind.

### GOT A PROBLEM?

Virtually all magazines include a problem page. Read some problems where the writers are facing a difficult situation and construct your own replies to them. Is your advice the same as the magazine response?

## Learning from other people

### READ ALL ABOUT IT

Gain an insight into other people's views and values by reading a book by someone from a different culture or about someone who has faced a life-altering event. Some authors you might like to consider are: Jean Sasson, Beatrice Sparks, Anne Frank, Lance Armstrong, Gloria Hunniford.

### WHO DO YOU VALUE?

- Choose from one of your friends and think about why they're your friend. What is it about this person that you value? When you've thought about it, find a way to show that friend how important they are to you.



# look wider

## PERSONAL VALUES



- Write a list of ten things that you look for in a partner. Is what you look for in a romantic partner different to what you would look for in a business partner?
- Watch a film where the main character has to face a moral dilemma or challenge, for example, *Erin Brockovich*, *Saving Private Ryan*, *Schindler's List*, *Philadelphia*, *American President*, *Pay It Forward*, *Bend It Like Beckham*.
- Are there any characters on TV that you admire? Create a character or superhero who epitomises your values.

### WE'RE ALL DIFFERENT

Recognising other people's different needs is important if you want them to feel valued. Think about a place you know where more could be done to improve access for people with disabilities.

### A NEW WORLD

With other Senior Section members, imagine you were forming your own community. Write a list of statements to illustrate the shared values of your community.

### More to do TOGETHER WE CAN

The *Together We Can* publication contains lots of activities that will make you think about your values and give you ideas on how to act on them. See the latest *Guiding Essentials* catalogue or visit [www.girlguidingukshop.co.uk](http://www.girlguidingukshop.co.uk) to obtain a copy.

### PROMISE ME

Look at the activities in the Promise section of the CD and, when you are ready, make your Promise as a Senior Section member.





# look wider

## LEADERSHIP



The aim of this octant is for you to consider and develop your leadership skills.

### ARE YOU IN4MED?

Becoming an In4mer is a great way to gain valuable leadership skills. In4mers are Girlguiding UK's peer educators. Find out more in the CD about becoming an In4mer.

If you're already an In4mer you could expand your leadership skills by attending an advanced training or a topic training.

### GET QUALIFIED

If you're a Young Leader you can work towards either the Young Leader Qualification, or the adult Leadership Qualification if you're 16 or over. This is a great way to gain formal recognition for being a Young Leader.

### FUN STUFF

Lead an activity with a group of children such as Rainbows, Brownies, Guides, a youth club or children that you baby sit for. Afterwards reflect on what went well and what you could improve another time.

Always refer to *The Guiding Manual* for safety regulations to guiding activities.

### GET AWAY

Take a Senior Section Permit, either inside or outside, or the Camp and Holiday Scheme.

### WHAT TYPE OF LEADER ARE YOU?

Search online to find a leadership-style quiz and complete it. Are you and your friends similar types of leaders?

### GAME ON

Have an evening of team-building games where everyone takes it in turn to be the leader.

### IF I WERE A UNIT LEADER...

How would you run the meeting? Discuss the implications of what you would do.

### LEADERSHIP IN THE WIDER WORLD

Take on a leadership role in your community, this could be at your church, in a sports club you belong to, within a music group or as part of any other group.

### FAMILY LEADERSHIP

Organise something for your family to take part in.

### READ ALL ABOUT IT

Read a book about a famous leader or inspirational figure such as Winston Churchill, Mother Teresa, Lord Robert Baden-Powell, Nelson Mandela, the Dalai Lama, Aung San Suu Kyi, Emmeline Pankhurst and so on.

What can you learn about leadership from them? Can you recognise any differences in their leadership styles?

### INTEREST GROUPS

Is there something you enjoy doing? Set up a group in your community for others to take part in this activity. This could be an environmental group at your school, a music group at university, a craft group in your town or even a Senior Section group - whatever you feel is lacking in your community.



# look wider

## LEADERSHIP



### A NATURAL LEADER?

In many situations a natural leader emerges without need for any formal leadership assignments. Think about your group of friends, is there any one person who frequently organises things or encourages others? Reflect on your friendship groups and see if you can recognise who is the natural leader, this may change according to the situation and is not always the person who speaks loudest. Are you happy with this? If not see if there are any ways to change it.

### BLOG ALL ABOUT IT

Does your village, school, place of worship or unit have a newsletter or website? If not take the lead and set one up.

### BECOME A MENTOR

Supporting other people is really rewarding, you can be a mentor within guiding for new members or in school or other organisations. Share your skills and knowledge with someone else by mentoring them.

### NEW CHALLENGES

There are many guiding roles available in units, Districts, Divisions, Counties, the Countries and Regions and Girlguiding UK. Investigate what roles are on offer in your area and take one on. If you need to, undertake training on offer to improve your skills in that particular area.

### THE GOOD, THE BAD AND THE UGLY

Think about famous leaders, be they good or bad in your eyes, why do you remember them? How did they influence others?

### IMPROVE YOUR SKILLS

Attend a Leader training and then put what you've learned into practice with a unit. Or take a coaching qualification so you can share your skills with others.

### BOOK SMART

Many children's books feature characters with leadership skills. Read a children's book and analyse one of the characters to see what skills they have, for example, Winnie the Pooh.

### WATCH IT

Watch a TV programme or film that features a leader, some examples are: *Dad's Army*, *Lost*, *The West Wing*, *Commander in Chief*, *Elizabeth*.

### LEADERS IN LIFE

Think about the people who have influenced you growing up, as leaders or role models. How has your opinion of them changed over the years?

### NEXT GENERATION

Ask your nearest Guide unit if you can lead a session for their older Guides to tell them about the Senior Section. Lead an interactive session explaining all the opportunities available to them, and what it is about the Senior Section that you love. Bring with you photos and mementos of your own experiences, and inspire a new generation of Senior Section members.

