


 Adventure	
<p>To earn this Challenge you should take part in three different activities, each on a separate occasion. Examples of suitable activities are detailed below. You should treat these as guidelines, rather than a complete list. The three activities may be from any one section, or any combination of sections. There is no requirement for you to complete an activity from each section.</p>	
<p>Have knowledge of the safety issues involved and the use of any equipment needed for the activity. Need three tick, one per activity.</p>	
<p>Show an awareness of the environmental issues around the activity (such as erosion at popular climbing areas). Need three tick, one per activity.</p>	
<p>Know about further opportunities to take part in the activities chosen. Need three tick, one per activity.</p>	
<p>Area 1 – General Activities: Climbing, Hill walking, Hiking, Spending a day exploring a town they don't know, at home or abroad, Orienteering, Planning and going on a journey by public transport of at least 40 kilometres, Caving or potholing, Pony trekking or horse riding, Cycling</p>	
<p>Area 2 – Water Activities: Sailing, Canoeing, Water-skiing, Surfing, Dragon boating, Bellboating, Sub-aqua, Canal boating, Rafting, Pulling</p>	
<p>Area 3 – Air Activities: Gliding, Paragliding, Powered aircraft, Hot-air ballooning, Hovercrafting, Kiting</p>	

 Global	
<p>To achieve this Award, you need to complete activities in these two areas:</p> <p>Examples are provided below, but other activities can also be included</p>	
<p>Area 1 - Make International Contact</p>	
<p>Make contact with Scouts from a country outside the UK</p>	
<p><i>This can be done a number of ways, for example through a residential experience, the Internet, pen pals, JOTA or JOTI. The Scout must then take part in an activity with their Patrol or Troop. This activity must be based on what the Scout has found out from their international contact. The activity might take place at a residential experience or during a Troop meeting. It might directly involve Scouts from another country, or might be after their contact.</i></p>	
<p>Area 2 - International Issues For this area you must choose two issues. Issues might include:</p>	
<p>Trade</p>	
<p>Health</p>	
<p>Water and sanitation</p>	
<p>Environment</p>	
<p>Refugees</p>	
<p>Intolerance</p>	
<p>Homelessness</p>	
<p>Poverty</p>	
<p>Animal welfare</p>	
<p>Conservation</p>	
<p>You must:</p>	
<p>complete a series of activities to help them understand the issues involved</p>	
<p>take some action as a result</p>	
<p>compare how the issues affect the UK and countries overseas.</p>	

 Outdoor	
<p>You should take an active part in a residential experience, preferably camping, for at least two nights. During the event, they should take part in many of the following activities: <i>(This list gives an idea of the type and style of the activities that the residential experience should include. Depending on the activity, there may be extra ideas that could be included, which can be discussed in the Troop Forum)</i></p>	
<p>help to pitch and strike a tent</p>	
<p>light a fire and cook at least one meal on it</p>	
<p>set up a suitable stove and cook a meal on it</p>	
<p>demonstrate personal hygiene</p>	
<p>keep all belongings organised & tidy within the accommodation</p>	
<p>maintain a tidy and orderly site</p>	
<p>take part in a wide game</p>	
<p>take part in a campfire or other entertainment</p>	
<p>build a simple pioneering project</p>	
<p>build a useful camp gadget</p>	
<p>explore the environment of the camp</p>	
<p>with others, successfully complete a two-hour activity or project</p>	
<p>provide a service commitment to the site for about an hour</p>	
<p>In addition to the above, you will need to demonstrate basic emergency aid skills when on a residential experience:</p>	
<p>understand the initial actions to take in the event of an accident</p>	
<p>understand the importance of getting adult help and when to call the emergency services</p>	
<p>know how to treat minor cuts, burns, scalds, stings & insect bites.</p>	

 Outdoor Plus	
<p>Hold the Outdoor Challenge</p>	
<p>Have spent at least 8 nights away as a Scout, 4 of which must be camping</p>	
<p>Take an active part in a further camp of at least two nights, which should include many of the following:</p> <p>(This list gives an idea of the type and style of the activities that the residential experience should include. Depending on the activity, there may be extra ideas that could be included, which can be discussed in the Troop Forum)</p>	
<p>lead a group of Scouts in the setting up of a well-organised site that includes sleeping tents, food & equipment stores, fire/stove, kitchen & eating area</p>	
<p>plan a balanced menu for a short camp</p>	
<p>show how to use an axe or a saw or both safely</p>	
<p>lead the cooking of a meal for the group</p>	
<p>show knowledge of the safety precautions for the correct use of lamps and stoves</p>	
<p>cook a backwoods meal with the group</p>	
<p>build a working camp gadget, such as an altar fire, camp oven or gateway to a campsite</p>	
<p>take a leading role in a pioneering project</p>	
<p>build a bivouac and sleep in it</p>	
<p>You will also need to demonstrate knowledge of emergency aid for the outdoors:</p>	
<p>demonstrate mouth-to-mouth resuscitation using a simulator</p>	
<p>know how and when to put a patient in the recovery position</p>	
<p>know how to recognise and treat fractures and severe bleeding</p>	
<p>know how to use direct pressure to stop bleeding</p>	
<p>demonstrate an awareness of the dangers of temperature extremes, such as sunstroke, dehydration, heat exhaustion and hypothermia, and know how to prevent and treat them</p>	

Expedition	Fitness	Community	Creative
<p>To complete the Expedition Challenge you have to:</p> <p>Take part in an expedition over two days (including one night) with at least three friends, after relevant training and preparation has been completed. During the expedition, you should do the following:</p>	<p>To complete the Fitness Challenge you need to choose a physical challenge, which they have either not attempted before, or which builds on an earlier achievement. The challenge should be agreed with a Leader.</p>	<p>To achieve this Award, you need to complete activities in two areas. Examples are provided below, but other activities can also be included.</p> <p>Area 1 - Exploring the Local Community</p>	<p>To achieve the Creative Challenge, you must complete the activities from 3 of the 6 following areas.</p> <p>Area One - Performing</p>
<p>stay overnight at a hostel or other suitable venue, or camp overnight at a suitable site</p>	<p>The challenge can be anything from an athletic event, a charity swim, a long distance cycle ride, a long distance challenge hike. The Scout should be encouraged to consider a variety of activities/interests in their choice for this challenge.</p>	<p>Explore one aspect of how the local community works and is organised to the benefit of its members. The project should include some initial fact-finding, a visit to or from a community facility or group, and some form of report back.</p>	<p>Take part in an entertainment in front of an audience <i>Eg: short play, series of sketches, magic tricks, singing, playing a musical instrument, Scout Show, dance, or puppet show</i></p>
<p>cook the evening meal and breakfast</p>	<p>To complete the Challenge, you will need to:</p>	<p><i>Eg: visits to see the workings of a theatre, tourist attraction, railway station, airport, local industry; meeting people involved in local government, charities, faith groups; learning about and taking part in community traditions or customs, local clubs and interest groups.</i></p>	<p>Area Two - Crafts</p> <p>Have a go at some creative crafts <i>eg: glass painting, macramé, art-straws, leatherwork, photography, sweetmaking, decorative knotting, or candlemaking</i></p>
<p>journey for at least four hours each day</p>	<p>spend between four and six weeks preparing for the event, through an agreed exercise programme.</p>	<p>Area 2 - Community Service</p>	<p>Area Three - Promotions</p> <p>Promote local Scouting <i>Eg: newsletter, poster, video, website, audio broadcast, or display</i></p>
<p>use a map and compass to keep track of where they are</p>	<p>show during this period an understanding of the importance of a sensible and appropriate diet, and the need for sufficient sleep</p>	<p>Take an active part in some form of local community service totalling at least six hours. The time may be spent doing a number of different projects or by showing commitment to a single project over a longer period of time.</p>	<p>Area Four - Problem Solving</p> <p>Take an active part in activities requiring a number of problem-solving skills, effective teamwork and creative thinking <i>Eg: incident hikes or timed challenges, mental, physical or skill.</i></p>
<p>achieve at least one goal, agreed with the Leader before the expedition.</p>	<p>keep a record of their progress during this time</p>	<p><i>Eg: running a fund-raising stall or game, delivering leaflets, clearing an area, gardening, collecting materials for recycling, helping with activities for younger children, moving furniture, clearing debris, painting fences, or environmental projects</i></p>	<p>Area Five - Construction</p> <p>Make something using a construction kit <i>Eg: model aircraft, 3D jigsaw, model pioneering project etc</i></p>
<p>The expedition may be on foot, canoe, cycle or sailing boat. Other options may be appropriate, and you should discuss them with the Scouts involved and the team supporting the expedition.</p>	<p>be able to explain the dangers and harmful effects of smoking, alcohol and drugs.</p>		<p>Area Six - Worship</p> <p>Take a leading role in preparing and participating in an act of worship or Scouts' Own <i>Eg: selecting readings, writing prayers and exploring beliefs. This may involve all the Scouts from the Troop at a residential experience or event</i></p>

The Chief Scout's Gold Award

<p>Outdoor Challenge, plus at least four of the remaining Challenges, plus a personal challenge in each of the following three areas:</p>	
<p>Adventure - Take part in a completely new activity or achieve a higher standard in an existing activity.</p>	
<p>Leadership - Attend at least two Troop planning meetings and successfully achieve an action point from one of these meetings.</p>	
<p>Commitment - Complete an activity that demonstrates personal commitment. This could be: Community activities: for example, a weekend conservation project, an activity for younger people. Scouting activities: for example, website design and maintenance, helping with younger Sections. Hobbies and interests: for example, extra responsibilities in a choir or sports club.</p>	