

# LET'S GO OUTDOORS

*For an Adventure*

**SAMPLE PROGRAMS AND IDEAS FOR GUIDES**



**GIRL GUIDES**  
**AUSTRALIA**

# LET'S GO OUTDOORS

This booklet is designed to help you out when you are looking for inspiration of what to do in your Guide Unit to help girls learn and develop outdoor skills and an appreciation of our environment, or when you are busy and need some instant programs.

The topic 'Outdoors' is a fundamental of the Australian Guide Program. Getting out and about has been a special focus in Guiding. It is fun to be in a Patrol and do things together that are chosen just for the group, or to learn skills that can only be achieved given time and the chance to practise things learned in a fun way...

A weekly program can be any duration from one hour to two hours depending on the age of girls in a Unit, the time of day you meet and local decisions. All these activities are set out with ideas for a single day or night, or they could be used in small parts for a short time each meeting.

There are likely to be other activities as well as those suggested here in a program. Girls may suggest things they would like to find out about.

- ▶ Girls can choose activities that suit them (Remember the Guide program is chosen by the Guides to suit their interests and needs)
- ▶ The choice of challenges the girls make can be of varying difficulty depending on their developmental stage and where they are in the Patrol cycle
- ▶ If Guides become very involved and interested in a particular program, there is the possibility of extending it and doing more
- ▶ Lots of options means there is a back-up plan if something doesn't work

There are several challenges and awards that Guides can work towards while completing these programs. They may like to consider

- ▶ Outdoors Achieve-a-Challenge
- ▶ Rope Create-a-Challenge
- ▶ Nature Create-a-Challenge

## Themes

The programs are designed with a theme or storyline so that Guides are doing things with a purpose or to achieve a small reward. It is perfectly ok to just pick out things to learn if that is how the Unit likes to work. Many of these adventures work best when girls are doing them as a Patrol. Patrol activities are ones that are most easily achieved if more than one person is involved, so girls have the opportunity to lead their patrol with everyone having a role to play in order to complete tasks. Leader's roles will be to give girls time to improve skills and make timely suggestions.

## Have fun!

## REFERENCES

Girl Guides Australia [www.girlguides.org.au](http://www.girlguides.org.au)

'Out there' - Outdoor Activity Pack, Girl Guides Australia or as was Guides Australia Inc © 1998

'Leadership in the Outdoors', Girl Guides Australia.

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