EXPLORER ACTIVITY PACK

ALL YOU NEED TO RUN YOUR PROGRAMME
Introduction

This pack has been created to help you as Explorer Leaders to plan your Unit programme.

The pack contains the following information:

- **Activity Suggestions** – A list of around 20 activities for each of the challenge themes shown in the diagram above to give you some inspiration to plan your programme. Each activity has a Programmes Online (POL) number next to them where you can find further information and guidance. You can access Programmes Online via www.scouts.org.uk/pol using your Compass username and password.

- **Colour-coding** – we have included a number of highlights to help tailor your programme with a variety of activities.
  - **Linking** – help run an activity for one of the younger sections or for the older scouts who are due to move up to Explorers
  - **Badge** – works towards a badge or top award
  - **Games**

- **Programme Planner** – a simple table to help you plan your programme with space to fill in what you want to do and who is organising it. Remember, when planning a programme it is important that you have a good balance of activities across each of the challenge areas to suit the needs of everyone in the Unit.

Here are a few key points to remember when planning any activity:

- It is important to always think of the safety aspect of all activities i.e. equipment, instructors, first aiders etc.

- Policy, Organisations and Rules (POR) – this is the Scout Association own rule book and it’s important that you are aware of any rules that will apply to any activities that you are running. These have been particularly referred to in the Adventurous Activities section.

- Remember; if you are ever unsure make sure you ask your leaders for help.
International Scouting

1. **Fundraise for an international contingent** (POL - 85395) Run a fundraising event to help an international contingent attend an international Scouting event.

2. **Join in Jamboree** (POL – 85941) Create your own version of Join in Jamboree or a similar publication for some of the younger sections giving them ideas of different activities they can take part in as part of an international programme.

3. **International badges** (POL- 85942) Find and complete an interest or activity badge from a different country.

4. **Scouting around the world** (POL – 85943) Plan and carry out a project which will benefit Scouts in another country (this could be fundraising, raising awareness or any similar project).

5. **International programme for a younger section** (POL – 85944) Organise either one or a series of evening activities for one of the younger section to help them work towards or achieve their World Challenge Award.

6. **Is scouting the same in other countries?** (POL – 85947) - Make contact with Scouts in another country to find out the differences between being Scouts in the UK and in the country you have chosen.

7. **Host an international Scout group** (POL – 85948) - Arrange to host an international Scout group who are visiting the UK either as part of an international camp or as a single visit.

8. **Leader selection** (POL – 85950) - Get involved as part of a team which helps select Leaders for an international trip. This could be Leaders travelling as part of a contingent abroad or as part of the leadership team for an international camp in the UK. Think about what you would expect form Leaders if you were travelling to a new country?

9. **Take part in JOTI (Jamboree on the Internet)** (POL – 57390) - The World Scout Jamboree On The Internet (JOTI) is an international Scout Meeting on the Internet which takes places every year on the third weekend of October. This is an official event of the World Organization of the Scout Movement.

10. **Take part in JOTA (Jamboree on the Air)** (POL – 57391) - The Jamboree on the Air (or JOTA) is an annual event that allows around 500,000 members of the Scout Movement Worldwide to communicate using amateur radio.

11. **International event or camp in the UK** (POL – 85954) Attend an international event or camp that takes place in the UK.

12. **International event or camp in another country** (POL – 85963) Attend an international event that takes place in another country.

13. **International Music Quiz** (POL – 85964) Find music from around the world and then create a quiz for the rest of the unit so they have to try and guess which continent and country they are from.

14. **International music making** (POL – 9266) - An activity to listen to and play music from different ethnic or cultural backgrounds.

15. **Games from around the world** (POL – 68119) - A variety of games from around the world to give the unit a real impression of how children in other countries play and to realize that these children’s games differ from those played in Europe.
16. **World Scout Jamboree Hosts** (POL – 85965) Host an international jamboree night with small groups representing a country that has hosted a past World Scout Jamboree.

17. **WOSM** (POL – 86378) - In your unit hold a World Organisation of Scout Movements (WOSM) conference to discuss whether Explorer Scouts should be abolished as a section.

18. **Explorer Vision Song Contest** (POL – 261) – In small groups ask Explorers to represent a different Country in your Explorer Vision Song Contest. Research current popular songs that have come from across the world and hold your own competition with judges.

19. **Are all scouts the same?** (POL - 665) - An exploration of the values held by Scout organisations around the World based upon the examination of the membership policies of both our and other countries Scout associations.

20. **National Anthems** – Find out about the different National Anthems for different countries around the world who have Scouting.

21. **International Match Up** (POL – 1126) – Find out more about scouting in different countries including the various Scouting Promises and Laws.

22. **Rovers** (POL – 86204) - Make contact with a unit from another Country (Explorers are often called ‘Rovers’ in other countries), and find out about what they do in Scouting. You might get some good ideas from them to try out yourself!
Environment

1. Rights of access question time (POL - 668) – an opportunity to debate (in the style of question time) the rights of access to open country/water from the perspective of hill walkers, canoeist/kayakers etc.

2. Restoration project (POL – 86379) - Work with the Waterways Trust on a canal restoration project.

3. The natural environment – (POL – 86968) Get your Unit to spend a meeting, or even a night, outdoors in the countryside using only natural materials they can find.

4. Your local environment – (POL - 85969) - Looking at your local environment and the difficulties someone blind or partially sighted would face.

5. Grievance Auction (POL- 37401) - To discuss what we would change about our world, and how we would do it.


7. 24 hour Hunt (Ancient Tree Hunt - The Woodlands Trust) – (POL - 85974) - A 24 hour challenge to search for ancient trees.

8. Four Seasons Hunt (Ancient Tree Hunt - The Woodlands Trust) – (POL - 85975) - A challenge to search for ancient trees in each of the seasons.

9. BBC Dig In – Composting Capers - (POL – 55463) – Help one of the younger sections learn about and possibly begin creating a compost heap.

10. BBC Dig in – Pimp your pot - (POL - 55446) – Work with the younger sections to design their own recycled plant pot, a great way of making growing feel more creative. Why not run a competition with local groups to see who can create the most stylish pot?

11. BBC Dig in – Pesky Pests - (POL – 55465) - Growing your own grub is not without its challenges especially when bugs and beasties get sight of your prize veggies. This fun game is designed to help young people understand that you need to keep a watchful eye on your vegetables as they grow, otherwise you may not get the bumper crop you’d hoped for. Why not run this for one of the younger sections?

12. BBC Dig in – Plant the seed (POL – 55530) - Planting seeds is a great way for your young people to get their hands dirty, and learn about the process of sowing, growing and cooking vegetables. This activity explains how to get started.

13. BBC Dig in – Carrot Carving (POL – 55101) – Get your unit to practice their knife skills by teaching one of the younger sections. A activity to see who can carve their carrot in the most imaginative shape!

14. BBC Dig in – Show off your veg (POL – 55522) - Once your Unit have grown their own vegetables have a competition which can be used as a fundraiser or just for fun to see who has the most mis-shapen, largest and alike vegetable.

15. Water Awareness (POL – 77123) - Young people will participate in a water race, discover more about the importance of water and create their very own filters!

16. Identifying Trees (POL – 86331) – One of the easiest ways to identify a tree is by its leaf shape. Get the Explorers to go out and collect leaves and match them to the different types of trees. Link this to the different uses of woods for camping etc.
17. **Service** (POL – 86332) - As a Unit, volunteer to work at a local campsite, scout activity centre or similar and help maintain the site.

18. **Save the Rhino** (POL – 85599) – Wide Game
1. **Religious Festivals** (POL – 86366) - Learn about a Religious Festival and how they are celebrated:

2. **International holidays and celebrations** (POL – 86367) - Find out about and celebrate an International Holiday or celebration.

3. **Patron Saints Day** (POL – 86368) - Celebrate each of the UK’s patron saints day

4. **Across the generations** (POL – 35950) Find out how life has changed between your grandparents, parents and you. Ask some lifestyle questions to the Unit and a range of other people of varying ages and pick out the major differences.

5. **Make a Bullroarers** (POL – 35156) a communication device originating in the aboriginal culture.

6. **Urban hymns** (POL – 86322) - Rap music was developed in 1970’s in the New York Bronx as a way of lamenting everyday life and the challenges it presents. The concept is to add words, often about a particular issue, in a rhyme to a piece of backing music. The issues can be light hearted and fun or about more serious problems facing the world today. Why not have a go at putting your own rap together?

7. **Traditional Dancing** (POL – 86323) – Get the unit to learn a traditional dance from another country. Why not ask someone from the local community to come and teach the lesson.

8. **Traditional Dress** (POL – 86324) – Ask people from the local community to visit and show some of the traditional dress in their culture. This could include for special occasions such as weddings, birthdays or religious festivals.

9. **Art** (POL – 86325) – Have a trip to your local art museum and look at all the different types of styles. What are the main differences across time and culture. Bring some life back to your meeting place by re-creating some of the specific art styles from around the world.

10. **Food** (POL – 86330) – Research different foods that are delicacies in certain culture that are part of particular festivals or celebrations.

11. **Meet and greet** (POL – 86329) – Find out about the different ways people across the world greet each other and find out why. Why do we as Scouts shake left-handed?

12. **Decades** (POL – 86328) – Research a specific decade. What was in fashion? How did people do their hair? What music did they listen too? Plan and organise an evening based on that decade. Get people to dress up, play some of the music from that era. Think about what hadn’t been created yet!

13. **Popular culture** (POL – 86327) – Who were the biggest selling artists and bands in your parents and grandparents era? How different was the music back then? Put together a music quiz with 5 top selling songs from each decade from the 1950’s to today. Can you recognise the changing popular culture?

14. **Modern Day Technology** (POL – 86326) – Can you remember a time when you didn’t have the internet, mobile phone, iPod? What would you do without them today? Set your Unit the challenge to see if you can last a whole meeting or weekend camp without someone using any form of modern day technology. How long can you last! What will you do instead? It is up to you as a unit to categorise what you would consider modern day technology.
15. **Network Uganda Activities** (POL – 57387) - A resource full of activities for all different age groups which discusses life in Africa and Uganda, culture and awareness of issues faced.

16. **International 'Getting to Know You' Charades** (POL – 37397) - To look at how we view people from cultures different to our own.

17. **International Theatre** (POL – 86369) – Take a trip to the theatre to see a show/ performance from another culture possibly in a different language. What are the differences between the theatre shows here?

18. **National Sport** (POL – 86321) – Sport is a huge part of life across the world. Find out about some sports that originated in different countries and give them a go.

19. **Urban vs Rural** (POL – 86320) – Look at the difference between life in Urban and Rural locations, what difference does this make for young people of your age?
Visits and Visitors

Find out what happens behind the scenes at some of the following places.

Public Services

- Police
- Fire Brigade
- Ambulance Service
- Military
- Public Library
- Local Council
- Local Politician
- Post Office
- Social Services
- Health Care
- Sexual Health Service
- Environmental Service
- Education – College/University
- Ceops

Local Area

- Museums
- Business
- Parks
- Nature Reserves

Charities - [http://www.charitychoice.co.uk/charities](http://www.charitychoice.co.uk/charities)

- Aged
- Animals
- Armed and Ex Services
- Children and Youth
- Community
- Culture and Heritage
- Disabled
- Education and Training
- Employment, Trades and Professions
- Environment
- Family
- Health
- Hearing Impairments
- Hospices
- Hospitals
Housing
Human Rights
International
Learning Disabilities and SEN
Medical Research
Medical Welfare
Mental Health
Overseas Aid
Religious
Rescue Services
Social Welfare
Sport and Recreation
Visual Impairment

**Sports** – Get a local coach, trainer, professional to give a taster session

- Football
- Netball
- Hockey
- Yoga
- Pilates
- Zumba
- Skateboarding
- Rollerblading
- Skiing
- Snowboarding
- Archery
- Golf
- Crown Green Bowling
- Trampoline
- Swimming
- Gymnastics
- Athletics

**Religious** - Visit a place of worship

- Buddhism
- Christianity
- Hinduism
- Islam
- Jainism
- Judaism
- Sikhism
**Arts** – get a local professional to come and deliver a taster session

- Artist
- Dance
- Drama
- Singer
- Musician

**Local Attractions**

- Cinema
- Bowling
- Theme Park
- Laser Quest
- Go Karting
- Crazy Golf
- Go Ape
- Zorbing
1. **Scout Laws video project** (POL – 46618) – As a unit, create a short video with a sketch of each of the Scout Laws. Once you're happy with the overall film, why not take this to your local Scout group to teach them about the Scout Law.
2. **Can I come in?** (POL – 34571) - A role play activity looking at immigration law and refugee status.
3. **It’s the law** (POL – 1061) – An activity for the unit to look at the different laws that apply to them. As a Unit do you agree or disagree with them? In groups, have a debate arguing for and against various laws. If you could, what would you change?
4. **What's your opinion?** (POL – 1069) - An activity to help young people discuss topical issues, form their own opinions and see their opinions in the context of the Scout Law and Promise.
5. **Construction** (POL - 188) – A construction activity that benefits the local community.
6. **Wants and Needs** (POL - 462) – An activity to help differentiate between the things we want and the things we need.
7. **Unfair Games** (POL - 464) – Playing any game with unfair rules (give one team an advantage). After, have a discussion about equality and fairness.
8. **Homelessness** (POL - 672) – Have an evening to discuss the issues around homelessness, how can your Unit make a difference?
9. **Elimination** (POL – 888) - A paper exercise in which young people write down the most important things in their lives, then eliminate them one-by-one, leading to a discussion about key values.
10. **The price is right** (POL - 891) - An activity based on the popular television quiz show, which develops into a discussion on the cost of certain important values.
11. **World Crisis Management** (POL – 976) - A simulation game in which teams of young people represent countries faced by a national disaster.
12. **Keeping Safe from Harm** (POL – 1056) - An activity to help young people consider the importance of personal safety in different areas of their lives (online, at school, at Explorers etc.)
13. **It’s Good to Talk** (POL – 1060) - An interactive game to discover useful telephone numbers that could be used in different scenarios.
14. **Who needs friends** (POL – 1134) - This is an activity to help young people look at what friendship is and identify these characteristics in their friends within the unit.
15. **Homeless Shelter Building** (POL – 1164) - Activity to develop awareness about the difficulties experienced by homeless people sleeping rough by building a shelter and talking about some of the other issues.
16. **Photo Tour** (POL – 1252) – Create a photo tour of your local area, nearest town or city.
17. **Scout Sim City** (POL – 1306) – To understand the infrastructure required to make a community work.
18. **Working with other organisations** (POL - 82834) – Invite a local organisation/ charity to the Unit meeting to pitch a potential project that they would like help with. Unit to work with them on the project.
19. **Race relations** (POL – 86005) – An exploration of local, national and international issues.
20. **Access all Areas** (POL – 86006) – Create a guide of your local area to help people with special needs.

21. **Streetwise** (POL – 86007) – Invite someone from a local charity or organisations who aim to help young people be more streetwise.

22. **Only Safari you can go** (POL – 86008) – Challenge your Unit to split into teams and create a trail of questions and photographs of your local area for another group.

23. **Question Time** (POL – 86009) - Invite some local decision-makers (MPs, town councillors, local politicians) and hold your own Scouts’ Question Time.
Creative

1. Origami boat race (POL - 285) - Origami boat building competition. Build, decorate then race them.
2. Highland stag challenge (POL - 343) - Build the largest paper animal you can within a set time limit.
3. Scrap heap challenge (POL - 389) - Using odds and ends found around your home, make something useful!
4. Hold a NAFTA – video awards ceremony (POL - 525) - teams direct, produce and star in a film. Using home-owned video cameras. Once the films are edited, hold an awards ceremony to present the finished films.
5. Extreme kite flying (POL - 1249) - Kite flying is back in a big way and it's definitely not just for children! Extreme kite flying brings aerial dog fights in paper and glue form. They now come in a huge range of designs and shapes and lots of people taking to the skies – sometimes literally. You can buy, borrow or even make your own kites. Why not try tricks, stunts or synchronised flying!
6. 3 bladed boomerang (POL - 1250) – make a boomerang that can be used both indoor and outdoor
7. Bridge construction (POL - 1253) - Build bridges (using paper, pencils, string, straws etc) to see how much weight they can support. Test the bridges to destruction once built.
8. Back to beavers (POL - 1337) - An opportunity for Explorer Scouts to reminisce and hark back to the days when they were young... why not try face painting, biscuit decorating and parachute games.
9. Cardboard castle battle (POL - 1417) - Involves constructing a cardboard box wall at opposing ends of a meeting place then ‘battling’ (by throwing items) to destroy the opposing team’s ‘castle wall’.
10. Making Twig Lanterns (POL - 82566) – Work with one of the younger sections to show them how to make decorative lanterns using outdoor materials.
11. Chip cup rocket (POL - 4590) - One of the quickest ways to get started in rocketry is to build a chip cup rocket. Building a chip cup rocket takes about five minutes - and four minutes of that is waiting for the glue to set!
12. The Big Green Beach Party (POL - 8371) - Go beachcombing to prepare for an environmentally friendly beach party in your Meeting Place, including beach craft sculpture, recycled costumes, music and food!
13. Spinnin’ around (POL – 86010) – Break dancing...the 80's craze is back. So grab some music, pump up the volume and give it a go!
14. Don’t kill the groove (POL – 86011) – Invite a local DJ to teach the Unit some skills and to have a go at being a DJ.
15. Cutting edge (POL – 86012) – Sculptures can be created using almost any material, including ice, polystyrene and even rubbish. So get creative and sculpt a masterpiece!
16. Wonder wall (POL – 86016) – street art is often mistaken for graffiti, but if done properly it can look fantastic! Ask if you can brighten up a dull wall in or near your meeting place, or perhaps elsewhere in the neighbourhood. Make sure you always get permission.
17. **Video nation** (POL – 86017) – make a video diary or your unit to promote yourselves locally and get more young people involved in Explorer Scouting.

18. **Mime/Living Statues** (POL – 86018) - Have a go at perfecting the skill of mime and living statues. Why not run this as a fundraising activity at a local scouting event.

19. **Juggling** (POL – 86020) - This is not just about juggling balls, but also scarves, rings, clubs and using diablos or devil sticks. Step-by-step practice makes perfect but it is easy enough to introduce juggling as a filler in your weekly or camp programme. Trying it out is half the fun!

20. **Puppet Show** (POL – 86021) - There is a great range of different types of puppets that can be used for entertainment and storytelling for all ages – why not create a show for one of the younger sections? Or, giant ones as part of a local event/ parade.

21. **Magic Tricks** (POL – 86022) - The art of the street performing magician lies with doing simple tricks near to the audience rather than on stage. Everyone can learn to do one or two simple tricks and the items needed are not expensive.

22. **Chinese lion dancing** (POL – 86023) - A traditional way of celebrating the Chinese New Year and other special events can now be seen in many cities in the UK. With a little bit of effort it can be something done within your programme wrapped in with other elements of celebrating the Chinese New Year, or other celebrations.

23. **Carnival** (POL – 86024) - Why not have your own Carnival? The word comes from the celebrations before the Christian season of lent and, in that form, is lavishly celebrated around the world. Whatever version you care to look at, or where you do it, it is about being spectacular!

24. **Balloon Modelling** (POL – 86025) – For those that can stand the fear of an exploding balloon, this is the art of making animals and shapes from specially designed balloons. This is perhaps one of the more popular types of street entertainment seen at many venues. Whilst first attempts at modelling an animal may not bear any resemblance, at the top end of skill there are some quite complicated and eye-catching models that can be made.

25. **Face painting** (POL – 86026) – a childhood favourite. Have a competition of who can create the best mask/design. Once you have perfected your skills, why not run this as an activity for one of the younger sections or as part of a funday.
Communication

1. **Sales Pitch! (POL – 80631)** – Challenge the unit to come up with a sales pitch to sell an unsellable item.

2. **Unit Video (POL - 80632)** - As a Unit, create a video about your Explorer unit to show to local Scout groups about what you do and why they should move up to Explorers.

3. **The Unit Express (POL – 86033)** - Plan and produce a newsletter or website about your Explorer unit that can be given to local Scout groups on a regular basis to keep them up to date with what you get up to and what the older Scouts can look forward too.

4. **Parody (POL – 86034)** - Write your own parody (make up your own words) of a current song to teach another group a certain skill.

5. **Radio Hide and Seek (POL – 2363)** - In two teams, give instructions over radios to direct the opposing team to a hidden object.

6. **Take part in JOTI (Jamboree on the Internet) (POL – 57390)** - The World Scout Jamboree On The Internet (JOTI) is an international Scout Meeting on the Internet which takes places every year on the third weekend of October. This is an official event of the World Organization of the Scout Movement.

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8. **Sell yourself! (POL – 86198)** - Help the Unit prepare for the world of work by helping write CV’s and practice for interviews.

9. **Advertise your Unit (POL – 86199)** - Bring out your inner advertising and marketing skills by getting an advert in the local media to get people to join your unit.

10. **Tracking (POL – 86200)** - Tracking is one of the great Scouting skills. Like other animals, we also leave prints, but we can be far more sophisticated in the signs or symbols we deliberately leave behind. Use tracking symbols to follow another team.

11. **Sign Language (POL – 86201)** - Get a local sign language teach to come in to teach the Unit some sign language.

12. **Media, media, medial! (POL – 86202)** - Compare how different media report on and write about the same story.

13. **All tied up (POL - 86203)** - Spend a Unit meeting tied to someone else. How do you have to work together to get things done?

14. **Morse code Cipher (POL – 322)** - Morse code is a method of sending messages using lights or tones, where each character or number is represented by short or long signals – dots or dashes. Like many codes, Morse code is easy to send but often difficult to decipher quickly, why not set a number of challenges in different locations using both methods of sound and lights and see how good your unit can become.

15. **Semaphore (POL- 50783)** - Semaphore is a long established system of signalling using hand-held flags. It’s a great way of conveying messages over a distance where the sender and receiver can see each other. The flags are held with arms extended, in various positions that represent each of the letters of the alphabet.

16. **Hunting the Signaller (POL - 8576)** - A wide game using Morse code to signal for help.
17. **Ground-to-air signals (POL – 86205)** - A recognised series of symbols for communication with emergency air crews. It is important for the Unit to familiarise themselves with this before going walking or climbing in remote areas.

18. **Life Issues - Exploring Active Listening and Effective Communication (POL – 34377)** - An activity exploring active listening and effective communication in a simple way.

19. **No Talking (POL – 86206)** – In small teams set the Explorers the challenge of completing an activity without talking. Give each team a different method of communication to use i.e. through online means only (Instant messaging, email, text), drawing only no words. Do they complete the task? Get them to swap to a different method of communication.

20. **Think U Know (POL – 86207)** - Invite your local Think U Know trainer to deliver a session on the importance of staying safe online.

21. **Braille (POL – 86208)** – Braille is a way of allowing blind or visually impaired people to be able to read. Have a go at trying to learn and read braille. Why not ask someone from your local Blind charity to come down to teach the unit.

22. **Radio Show (POL – 86209)** – Set up or help out as part of a radio show on a local camp.
Cooking

1. **Giant Food Night** (POL - 82858) – A practical activity to encourage Explorers to lead the planning and running of an Explorer event by making a variety of foods on a Giant scale.

2. **Solar Powered Cooking** (POL - 8545) - A Climate Challenge Fund activity. Solar cookers are used in developing countries where fuel is in short supply but sunshine is in abundance. Use this solar cooker design to capture the sun's energy and find out what you can cook. A great activity at an evening meeting or at camp.

3. **Organic Food** (POL – 86216) - In small teams set the challenge of cooking the same dish (spaghetti bolognese, chicken curry etc.). However, one team's ingredients must by all organic. Get everyone to try both meals. Was there any difference in taste? Cost? What difference does organic food make?

4. **Fair trade** (POL – 86218) - Visit your local supermarket, to find out what Fair Trade products are available in your area, and what the different in cost is between Fair Trade and ordinary groceries. What differences would this make if you bought all fair trade food for camp?

5. **Where does my food come from?** (POL – 86220) – Challenge small teams to make a meal of their choice, however all the ingredients must come from the same country (England, Spain, Brazil etc.) Can it be done?

6. **500 Calorie Challenge** (POL - 86221) – Set a challenge of cooking a meal of no more than 500 calories. Who can be the most creative?

7. **World Food Challenge** (POL – 187) - Cooking challenge, similar to Ready Steady Cook. Teams have to create dishes using a variety of international ingredients.

8. **Grub-u-like** (POL – 1264) – if you have ever sampled the culinary delights of the take-aways in your local area, then this is the activity for you. There is often plenty of variety – from tradition fish and chips to the tandoori take-away. The idea for this activity is to try a specific food from as many different take-aways as you can. You might choose to survey five of the local fish and chip shops and buy a bag of chips from each, or you could choose to try out onion bhajis from the local tandoori. As a Unit can you agree a favourite?

9. **Ready, Steady, Cook** (POL – 86222) – Organise a competition with other local Explorer Units to cook a three course meal of their choice. You can set a range of rules including timescales, vegetarian only, has to be cooked on an open fire etc. Make sure you arrange some judges and have a prize for the winners.

10. **Cook what you got!** (POL – 150) – Cooking activity with a slight twist!

11. **Lucky Dip Cooking** – (POL – 230) – A lucky dip cooking challenge where you can only pick an ‘unkown’ ingredient after answering quiz questions.

12. **Conservation Cooking** – (POL – 8444) – Have a go at cooking on some recycled stoves.

13. **Scrapheap Cookout** – (POL – 18325) – Challenge teams to build and cook on a BBQ from any materials they can find!

14. **Meal for £3** – (POL – 61000) – Challenge the unit to see who can make the best meal/s for no more than £3. All ingredients must be bought and cooked (no ready meals!). Why not try the challenge in different shops!

15. **Dietary Requirements** (POL – 86223) – Make a meal that meets a specific dietary requirement:
16. Food, Glorious Food! (POL – 64625) – Looking at different food you like and dislike and how you can cook and present them in different ways.

17. Countryside foraging (POL – 86224) – Wild food is far superior in flavour and nutritional content than shop-bought, cultivated and farmed food (plus it’s free). Speak to locals about the best places to look and be especially aware of which plants and berries aren’t safe to eat. *Make sure you research thoroughly what you can and can’t eat and if you are at all unsure don’t risk it!*

18. Food for free (POL – 60517) – use the nature around you to try some food for free!

19. Coastal Foraging (POL – 86225) – If you prefer your free food a little more salty then why not try some coastal foraging? Not only is the backdrop suitably inspiring but you will discover a whole new world of delicious, unfamiliar delicacies. Why not tie this in to a Unit camp by the Coast?

20. Food Preparation Skills (POL – 86227) – perfect your knife skills by learning how to prepare food chef style. Learn the best ways to chop, slice, dice different vegetables.

21. Food preparation Skills 2 (POL – 86228) – Ask a local butcher or chef to show how to prepare different meats. For example, how to prepare a whole chicken into the different key parts, legs, thighs and wings etc. Find out what the difference is in price between buying a whole chicken and each of the parts individually.

22. No cooking, cooking (POL – 86229) – Challenge your Unit to make different meals that include no cooking! How many can you come up with?

23. Microwave Meal (POL – 86230) – What’s the difference between a microwave meal and you cooking it yourself? Set your Unit the challenge to find out!
Health and Fitness

1. Backwards Rounders (POL - 42677) - This is a backwards game so it starts with everyone being out, and ends when everyone is back in.
2. Boot Camp (POL – 86231) - Take part in a Boot Camp style work out. These have become increasingly popular in local parks and green spaces so you could take part in one of these. If not why not make your own work out!
3. Fun/Mud Run (POL – 86232) - A great way to promote team building within the Unit and always a good laugh. Why not raise some money for charity or a local project you are helping.
4. Competition Time (POL – 86233) – Why not organise a sports competition between all the local Explorer Units (football, basketball, netball).
5. Enter a local sports competition (POL – 86234) - As a Unit find out about a local sports competition that you could enter. Make sure it is far enough in advance that you have the opportunity to practice as a team. This will take some planning.
6. Workout class (POL – 86235) – Have a go at a workout you haven’t tried before for example, Zumba, Yoga or Pilates.
7. Meditation (POL – 86236) – Learn about different ways to relax through meditation. Why not ask you local health and wellbeing practitioner to come and help.
8. Sport Taster (POL – 86237) - Invite a local sports coach to give you a taster session in a sport you haven’t tried before.
9. AIDS Awareness – How much do you know? (POL - 1019) – A simple way to learn some basic facts around AIDS.
10. Talksense: Drugs (POL - 4387) - Participants will be given opportunities to become “expert” characters and to actively participate in discussion and debate around drugs issues in a television style format
11. Talksense: Alcohol (POL - 4388) -This TV chat show style resource is designed to support Explorer Scouts to debate the social, political and health issues surrounding alcohol consumption.
12. Drugs Cabinet (POL - 5824) - This is a role-play, where everyone plays the part of a Government Cabinet Minister debating drugs from both a personal and professional stance
13. Emotional Health and Wellbeing (POL - 6394) – An opportunity to discuss the importance of emotion wellbeing and how this can impact your everyday life.
14. Mental Illness and Young People (POL - 6395) - This activity looks at some of the characteristics of different mental illnesses and how
15. Positive Self Talk (POL - 6396) - To introduce the concept of positive ‘self talk’ as a tool to use in difficult or stressful situation. This could be particularly useful around exam time!
16. Sporting Heroes (POL – 52143) – Hold a sports evening and get the unit to come dressed as their sporting hero.
17. Stress Busters (POL - 6397) - To share ways to combat stress and devise a group Stress Busters list.
18. Stress Cards (POL - 6398) - To create a prompt card for young people to use in stressful or difficult situations.
19. **Sporting Chance** – (POL – 651) – Find out about all the local sport facilities and activities in your local area. Plan three evening that to try a different sport or activity that you have found.

20. **Life Issues - Sexual health Support for Young People** (POL – 33544) – This activity looks at the services available to young people as well as the support available before becoming pregnant. It is also a good opportunity for members of the section to ask more challenging questions that may need more specialised knowledge to answer.

21. **Kneecapper** (POL - 21294) - Fun activity for whole section, for fitness, competition and agility.

22. **Fitness Circuit** (POL -705) - A series of physical activities for young people to attempt in order to improve their physical achievement.
Team Building and Leadership

Teamwork and Leadership are key skills that you will develop throughout your time in Explorers. Below we have compiled a list of different activities you can do to promote teamwork and develop leadership skills.

1. **Takeover Day** (POL - 82751) – The Unit takes over a particular event or activity (District/County/Region) and run it their own way.

2. **Event Planning** (POL – 55319) - Most Explorer Scouts prefer to turn up and do, rather than sit down and plan. This activity should give them a flavour of planning in a fun context and allow them to enjoy the outcome of their planning. It should also help them to plan an event for their Explorer Scout Unit, allow them to implement the plan and introduce them to the concept of Self-Review in Scouting.

3. **Light the candle as a team** (POL – 448) - Each group has to light a candle but they are not allowed within 12 feet of the candle.

4. **Blindfold Team Activity** (POL – 162) - They must identify the missing object by feel and working together as a team. This is an opportunity for the Explorers to work as a team and experience the frustrations of being blindfolded. Very useful for Young Leaders. The debrief at the end is vital.

5. **Inter-Team Athletics** (POL – 6139) - Teams select athletes to compete in six different athletic events. Points are given and the total scores reveal the Section Champions.

6. **Team Building - Mine Field** (POL – 55293) - Cover your meeting place with objects such as plastic bottles. Some Explorer Scouts are blindfolded; the others must get their ‘blind’ team members across the minefield without hitting the mines. If the blindfolded person hits a mine they sit down and become a mine themselves.

7. **Team Building – Round the World Sailing Trip** (POL – 55300) – A team building activity around decision making.

8. **Team Obstacle Course** (POL – 78621) – Build an obstacle course for your unit.

9. **Chalk Rugby** (POL – 83122) - Physical recreation game played in teams. Similar to rugby using chalk instead of a ball. Split the Unit into two or four teams.

10. **Matchbox Challenge 1** (POL – 8745) – How much stuff can a matchbox hold

11. **Matchbox Challenge 2** (POL - 8748) - Test your engineering skills with this statue building match box challenge.

12. **The Cube and Toy Challenge** – (POL – 342) - A team activity using scout skills of team work and pioneering knots to achieve a goal and win the race!!

13. **Explorer Leader Search Mission** (POL – 218) - A treasure trail of sorts to encourage Explorers to discover their local area in a bit more detail. One or more of the Explorer Leaders has been kidnapped and a trail of clues leads to their whereabouts taking in local places of interest.
Peer-Led Night’s Away

Camping has been a key part of Scouting since the movement started and continues to be so today. As Explorers, you are at a point now where you will spend a lot of time camping with your peers with little or no adult assistance. Therefore, it is important that all members of the team have the right skills to be able to do this. Below we have given you some suggestions of different camps you could run and the top awards you can work towards.

Within this resource we have compiled a list of some key skills that as a team you will need to know. Have a look in the Navigation, Survival Skills and Camp Craft sections for ideas of what you can practice on Unit meetings in preparation for some night’s away. Even though you may know some of the skills we have included it is important to pass on your knowledge and teach these skills to those who are moving up from Scouts and those who are new to Explorers.

Activities

Expedition Training (POL - 34024-30426) – Key skills to prepare you for an Expedition

Expedition Planning (POL – 55323)

Planning a Hike Somewhere Different (POL – 78267) – an activity for if you are thinking of travelling abroad.

Top Awards

Here are the expedition requirements for the top awards:

Chief Scout Platinum/ DofE Bronze 2 day, 1 night expedition
Chief Scout Diamond/ DofE Silver 3 day, 2 night expedition
Queen Scout Award/ DofE Gold (16+) 4 day, 3 night expedition
Explorer Belt 10 days – international

More information on all of these awards can be found on the Scout Website.

Night’s Away Suggestions

Below we have included a list of some night’s away suggestions, but the possibilities are endless. It is up to you and your peers to decide on what you would like to do and what interests you.

- Volunteer as service crew for your local Scout campsite or Activity centre.
- Help organise a camp that uses a form of transport other than walking (cycling, canoeing, kayaking, horse riding)
- Arrange a camp with another Explorer Unit this could be with a Unit from your local District or County or with a Unit from somewhere else in the Country.
- Run a backwards theme camp (start with supper, end with breakfast) etc.
- Plan a camp where you rely solely on public transport to get you from start to finish. How close to your campsite can you get?
- Run a Patrol Leader and Assistant Patrol Leader camp for your district. This can be a great way of introducing yourself and the Unit to those Scouts who are due to move up to Explorers.
Run a Patrol camp for a local scout section
Run a Cub Sixer and Seconder camp for your District.
Run a camp where you learn how to track animals.
Start a project looking at how you can help with wildlife conservation.
Virtual Brownsea Island Camp – (POL – 9667)
Camp Craft

1. **Camp Gadgets** (POL – 86308) – construct various camp gadgets to use on a future camp.
2. **Fires** – The type and size of fire you build should depend on the materials you have available, the purpose of the fire (will you be cooking a three-course dinner or just boiling water?) and also personal preference. Learn about the different types of fires you can build. Give each one a go!
3. **Star fire** (POL – 86307) - A way of making a fire using kindling and small sticks.
4. **Trench fire** (POL – 86309) – Building your fire in a dug out in the ground.
5. **Crane fire** – A way to suspend a kettle or billy can over your fire.
6. **Wigwam/Teepee fire** (POL – 86310) – A campfire classic that takes the shape of a wigwam or tepee.
7. **Reflector fire** (POL – 86311) – Works on the principle of directing heat back towards the fire.
8. **Fire from Ice** (POL – 86312) – An unusual way to make a fire
   More information can be find in the Scouts Outdoor and Adventure Manual, online and at the following website - http://www.survivalworld.com/fire/trench-fire.html
9. **Baskerville burner** (POL – 86313) – a way to start a fire using natural materials found in and around the forest.
10. **Find King Alfred’s cake** (POL – 86315) – Find out about and try and find King Alfred’s cake - a fungus that grows on dead wood (especially ash) that is a natural firelighter.
11. **Bow drill** (POL – 86302) – A method of making fire using friction between two pieces of wood.
12. **Knots and lashings** (POL - 86316) – Whether you’re climbing, pioneering or angling, knots and lashings form an essential part of your outdoor knowledge. All it takes is practise, practise, practise! Why not perfect your skills by building some of the structure below or organising to help a local Scout group to complete their Pioneer Activity badge.
13. **A-Frame Shelter** (POL – 86317) – One of the most popular and versatile kinds of emergency shelter as it can be built relatively quickly, built to any size, and is quite sturdy if constructed properly. Set a unit competition to see who can build one the quickest, sturdiest or most water tight.
14. **Tarp and Hammock** (POL – 86303) – A scouting classic that can be used in the right weather as a refreshing change to the more common tent and roll mat combination. Suspended above the forest floor and protected from light showers, it’s the perfect way to sleep in the open. Also a great way to practice your knots.
15. **Using an Axe** (POL – 480) – Axes have been used for thousands of years to split and cut wood. Largely unchanged in shape, the modern axe needs to be handled with care and skill to ensure both safety and efficient use. Handling an axe is a skill that once learned is rarely forgotten. As an Explorer, it is likely that you have been shown how to use an axe on a number of occasions but could you teach someone else? Why not organise an evening to teach some new Explorers who haven’t been involved in Scouting before or some older Scouts due to move up? Why not use the Axe quiz sheet (POL – 480) to help.
16. **Using a Saw** – Along with the axe, the saw is the backwoodsman’s indispensible tool for cutting and shaping wood. Which type you use, however, depends on the kind of wood you’re cutting as well as the speed and accuracy required. As an Explorer, it is likely that you have been shown how to use a saw on a number of occasions but could you teach someone else? Why not organise an
evening to teach some new Explorers who haven’t been involved in Scouting before or some older Scouts due to move up?

17. **Using a knife/law** – The knife is the key item of kit for the great outdoors – essential for fire lighting, rope work and preparing food. However, it must be treated with great respect and only used after proper training. As an Explorer, it is likely that you have been shown how to use a knife on a number of occasions but could you teach someone else? Why not organise an evening to teach some new Explorers who haven’t been involved in Scouting before or some older Scouts due to move up? Why not try carving different materials to perfect your technique – carve a spoon, soap, vegetables, decorations out of different materials.

18. **Carve a spoon** (POL – 24017) - Doing this activity you can explore the skills involved in whittling and carving, discuss knife safety and knife crime.

19. **Penny stove** (POL – 54656) - A simple to make cooking stove that can easily make a hot drink.

20. **Command and Conqueror** (POL – 4386) - Fast paced race that involves team work as well as pioneering skills!

21. **How to make snow shoes** (POL - 51451). Snowshoes can mean the difference between life and death in a sub-zero survival situation.

22. **Metal Box Oven** (POL – 86306) - Make a metal box oven and cook bread or cakes in it.
Survival Skills

1. **Basic First Aid** (POL – 86318) - Learn some basic First Aid – including bites, burns, broken bones, hypothermia/hyperthermia, infections, poisoning and sprains.

2. **Learn the burning properties of wood** (POL – 86319) – A rhyme to learn the burning properties of wood.

3. **Making Fire without matches** (POL - 82564) - How to start a fire using flint and steel.

4. **Survival Kits** (POL – 86376) - Create your own perfect survival kit.

5. **Bivvy Building** (POL – 86375) - Make a bivouac and stay in it overnight.

6. **Three course meal** (POL – 86373) - Cook a three course meal on an open fire.

7. **Signalling** - Find out three different signalling methods and use them to communicate a message to other Explorers in your unit. (Why not try Morse Code, Semaphore or ground to air signals)

8. **Survival Skills Competition** (POL – 86374) - Organise a survival skills competition with another Explorer unit, or as part of a Scout or Cub meeting.

9. **Animal Tracking** (POL – 86372) – All animals leave tell-tale signs behind them for anyone keen to observe, from droppings to evidence of half eaten lunch, but it’s their tracks that provide the most accurate means if identification.

   Learn some common animal tracks and see what animals you can track.

10. **Paracord Bracelet** (POL- 86370) - Make a survival bracelet using paracord. Paracord is so-called because it’s used for parachutes, but it’s also a very versatile elasticated cord for craft use, suited to making things as diverse as a wristwatch strap or woggle.

11. **Knife Sharpening** (POL – 86371) - Learn how to sharpen a knife. The knife is the key item of kit for the great outdoors – essential for fire lighting, rope work and preparing food. However, it must be treated with great respect and only used after proper training.

12. **Butcher** (POL – 86377) - Get a local Butcher to come visit your Unit to show you how to prepare meat.

13. **Finding Water** (POL – 86305) - As a unit find out and try some different methods of collecting water in preparation for your next camp or expedition.

14. **Backwoods cooking** (POL – 86304) – Backwoods cooking is the art of cooking without using traditional pots and pans, but using ‘natural utensils’ instead.

15. **Nettle Cordage** (POL: 82565) – Making natural cord from nettles.

16. **Measure the width of a river or canyon** (POL – 46678) - This technique can be used when trying to estimate the width of a river or canyon. A scout will need to calculate this distance when preparing how much rope would be needed to span the obstacle.
Navigation

1. **Go Geo-caching** (POL – 85066) – Using a hand-held Global Positioning System Receiver usually referred to simply as a GPS. The core function of a GPS is to tell the user where they are. A great way of getting used to a GPS is to go geo-caching. Geo-caching is where participants seek out hidden containers using published co-ordinates. Visit [http://www.geocaching.com/](http://www.geocaching.com/) to find your nearest locations or even add some of your own.

2. **Map Reading** (POL – 86301) – An important skill for all Explorers to practice in preparation for working towards the top awards.

3. **Knowing your Direction** (POL – 64638) – Can you work out which direction North is without a compass?

4. **Going Underground** (POL - 31710) – A creative way to approach route planning.

5. **Route planning** (POL – 86300) - Plan a hike for another team to see how accurate your route planning is!

6. **Navigation by watch** – Research and have a go at trying to navigate using your analogue watch. How accurate can you be?

7. **Try the activity Knowing your Direction** (POL - 64638)

8. **Star gazing** (POL -86256) – Finding direction using the stars is really easy, when the sky is clear. As long as you can identify the North Star you will be able to know which direction is north. As a Unit why not visit an observatory to learn more about finding and recognising stars.

9. **Tracking** (POL – 86255) – Tracking is one of the great scouting skills. Set off a small team of Explorers to start a journey and leave track for the rest of the unit to follow. Giving them enough time to get going and see how quickly you can catch them.

10. **Animal tracks** (POL – 86254) – Have a unit meeting looking at identifying different animal tracks then go out into the natural environment and see what you can identify.

11. **Compass Bearing Geometry** (POL – 887) - An activity that allows Explorers to practice and improve walking accurately on a compass bearing. Use simpler geometric shapes for beginners and make them more difficult (add a "side") as they get more accurate. You will need a large, flat area - inclines make accurate pacing difficult.


13. **London Monopoly** (POL – 394) - An activity based on the London Monopoly Game. Participants travel between the properties and collect photographic evidence of those visited. Points are awarded based on the property values and extra points given for whole sets of properties and hotels in the photos. Can be run with an overnight stay in London at BP House or Lord Amory or why not plan your own version based on your local area.

14. **Night-time Orienteering Challenge** (POL – 3649) - A challenge to test and train the ability to navigate in the dark.

15. **Suckers Orienteering** (POL – 10685) - Orienteering where teams are challenged to get to the checkpoints before any other team.

16. **Go-Anywhere Orienteering** (POL – 45186) - An easy-to-set-up orienteering course that can be done in any open space (or even indoors); as you can make the course as big as you want.
17. **Treasure Hunt** (POL – 82653) - Create a map of your own area, with symbols to represent key points, plan a route and hide some treasure. Give to one of the younger sections as a linking activity.

18. **Escape and Evade** (POL – 83081) - Explorers plan and undertake their escape from Scout HQ to a rescue point (for example a local campsite) where you will have to survive for up to 24 hours before rescue. Leaders will be on the lookout.

19. **Radio Hide and Seek** (POL – 2363) - Using radios to give the other team directions to find an object you have hidden.

20. **GPS Challenge** (POL – 664) - Introducing Explorer’s to the uses and pitfalls of using GPS as a navigation aid.

21. **Can you follow?** (POL – 83135) - A day hike challenge with a difference.

22. **Make and use an alidade** (POL – 882) - An alidade is a simple tool that enables the user to make accurate plans of relatively small areas - a 2-acre campsite is ideal. To make one requires a few basic woodworking skills, a few tools and some pieces of scrap timber. Note that the maps produced are unlikely to include any terrain information (contours).
Adventurous Activities

1. **Indoor Dragon Boating** (POL - 59930) - a great activity to encourage team work and coordination.

2. **Gliding** (POR 9.17) Quietly whistling around the clouds and with the potential to fly for several hours, gliding is an exhilarating and affordable way to learn to fly. Some 40% of the annual flying by scouts is in gliders.

3. **Ballooning** (POR 9.18) Who can fail to be excited by the sight of a majestic hot-air balloon drifting over summer cornfields or cricket greens on a balmy summer evening? There is a great feeling of peace and tranquillity around.

4. **Paragliding** (POR 9.19) Skydiving is one of the most exciting sports of modern times. Dynamic and colourful, it offers both men and women total mastery of the air and the freedom to make the skies their own.

5. **Hang Gliding** (POR 9.20) Hang glider pilots, suspended from their gliders by a special harness, launch from hills facing into wind, from winches on flat ground or by being towed aloft from an airfield behind a microlight aircraft. The objective is always to stay airborne in lifting currents of air and - for many - to undertake long cross-country flights. The UK record for distance currently stands at over 250km, and for altitude at an astonishing 16,000ft.

6. **Paragliding** (POR 9.20) Paragliding has developed as a more individual sport than parascending and usually takes place from suitable hillsides or mountains. Participants have to be able to walk up hills carrying the paraglider and the comfortable seat-shaped harness (in a huge back-pack). It is possible to have two-up air experience flights that do not require high levels of training or experience. Pilots have to be able to launch the canopy themselves and quite some time is spent learning to do this successfully.

7. **Hovercrafting** (POR 9.21) Hovercrafting is the activity of riding on a powered craft which is lifted from the ground by a large fan. Hovercrafting can take place over land or water.

8. **Snow sports** (POR 9.33) Skiing - Few sights in nature can be as perfect as a clear blue sky, spectacular scenery and the brilliant whiteness of newly fallen snow. Little in life can compare with the exhilaration, pure freedom and oneness with your surroundings gained from skiing those first tracks through impossibly light, sparkling fresh snow.

9. **Climbing and Abseiling** (POR 9.34) Climbing is the activity of ascending a rock feature, which can be natural or man-made. Abseiling is a form of descending from a height using a rope. This activity is usually undertaken on rockface or a man made structure.

10. **Caving and Mine Exploration** (POR 9.35) Being a completely alien and unseen environment, caves have for generations been regarded by many as the domain of the sinister, and all those who participate in the activity as being equally strange folks. Nothing could be further from the truth. Not only are caves some of the most beautiful places on earth, they only show their beauty to those who explore their depths.

11. **Archery** (POR 9.36) Target archery is an internationally-recognised sport which features in both the Commonwealth and Olympic Games. This is the most popular form of the sport where, as its name suggests, participants shoot at static targets in order to score points. The size of target used, and the distance over which they are shot at, varies. A round consists of a number of ends of arrows. This is the number of arrows that each archer shoots prior to the scores being recorded and the arrows collected. When shooting indoors, ends normally consist of three arrows, and outdoors, six.
12. **Shooting** (POR 9.37) Target shooting is, as its name implies, the sport of shooting at artificial targets as opposed to live quarry. It is an international sport, featured at the Olympic, Paralympics and Commonwealth Games. The game is about marksmanship skill; the ability to repeatedly place shots in as small an area as possible in the centre of the target. Real guns firing real projectiles are used so the activity takes place on appropriately-designed ranges and safety is of prime importance. This focus on safety makes target shooting amongst the safest of all sports and shooting develops in its participants a strong safety culture with a self-disciplined approach to the handling of hazardous objects.

13. **Laser Games** (POR 9.40) The basic equipment for laser games. Both target shooting games and interactive games are available commercially. In laser target shooting games the participants fire laser guns at artificial targets, such as in laser clay pigeon shooting and in variants in which the targets may be other objects or images. This type of activity can be hired for use at your site, indoors or outdoors as appropriate.

14. **Bungee Running** (POR 9.68) Bungee running is an activity where participants are attached to a secured bungee cord and run to reach a fixed target.

15. **Karate** (POR 9.69) Karate is a traditional Japanese system of unarmed combat.

16. **Horse Riding and Pony Trekking** (POR 9.70) Horse riding is the activity of travelling on horseback. This may be in the form of a course or trek.

17. **Cycling** (POR 9.71) BMX bikes propelled traditional cycling to new and exciting heights from muddy cyclo-cross and ‘dirt’ track racing to freestyle on ramps and the art of flatland (balancing and manoeuvring on one wheel). There is no such thing as simple BMX, it is a combination of skill, sport and performance. This could be carried out virtually anywhere. For example you don’t need to go to a purpose built ramp-park or cyclo-cross circuit. You can devise your own simple confidence course with just a reasonably sized indoor and outdoor space. A local park, school playground or playing field. Devise your own course – ride over the rungs of a ladder, along wooden planks just inches off the ground, slalom around upturned buckets etc. Makes sure you check the rules in POR and always be conscious of health and safety.

18. **High Rope Activities** (POR 9.78) This is any adventure course where users are attached to ropes at a height above the ground, often up to 40 feet high, with various exercises that allow individuals to physically challenge themselves. High ropes courses are normally used in conjunction with climbing ropes, safety harnesses, helmets and other equipment more commonly associated with rock climbing. They can either be of the pole variety or tree-based.

19. **Bouldering** (POR 9.77) Bouldering is a rock climbing challenge undertaken on a bouldering feature close to the ground. A bouldering feature can be natural or man-made.

20. **Kayaking** (POR 9.42) Originally used by the Inuits for hunting and fishing, a kayak is propelled from a sitting position using a double-ended paddle. Most commonly these boats have enclosed decks (closed cockpit) and are designed for a single person, although you can get open-cockpit kayaks and kayaks for two or more people.

21. **Canoeing** (POR 9.42) Open boats have been used for thousands of years by many different cultures, but it was native North American Indians who pioneered the craft as we recognise it today, making them from wooden ribs and bark and using them to navigate the vast river networks of the continent. When European settlers arrived, early explorers used canoes to chart their New World. Today they are often known as ‘Canadian canoes’.

22. **Laser Clay Pigeon Shooting** (POR 9.40) A simulated version of clay pigeon shooting in which laser guns are used instead of shotguns. Two forms of the activity are available.
commercially, an outdoor activity in which real clays are used and in indoor version in which an image of the flying clay is projected onto a large screen.

23. **Quad Biking** (POR 9.72) Quad biking is a motor sport activity using an all-terrain vehicle known as a quad.

24. **Diving** (POR 9.42) Scuba diving is the activity of underwater swimming with breathing aided by the use of an air tank. The feeling of weightlessness and underwater breathing is both exhilarating and totally addictive.

25. **White Water Rafting** (POR 9.45) White water rafting involves one or a group of people paddling an inflatable raft down a wild water river. This is down fast moving water and propelled by paddles and the natural current.

26. **Making bows and arrows** – (POL – 85230) Why not have a go at making your own bows and arrows and have an evening based around the classic legend of Robin Hood. This is definitely an activity that requires careful supervision and the Unit must be shown how to make and use the bows and arrows safely.

27. **Obstacle/Assault course** (POL – 86238) – Whether you set this up yourself in your meeting place, local green space or at your local activity centre, obstacle and assault courses are a great teambuilding activity. Why not have a Unit competition or even set up one for all the units in the District?

28. **Capture the flag** – (POL - 73784) - a game for all ages that can last from 15 minutes to hours. But not for the faint hearted! Two teams. Two flags. Defend your own and capture the other. Simple.

29. **Escape and evade** – (POL – 83081) - Explorers plan and undertake their escape from Scout HQ to a rescue point (for example a local campsite) where you will have to survive for up to 24 hours before rescue. Leaders will be on the lookout.

30. **The Cube** (TV Show) (POL – 71740) – Why not set up you own version of the cube? Organise a set of activities/challenges for individuals or teams to try and complete. Start with 9 lives and one trial run and see who gets the furthest.

31. **Where’s Wally** (POL – 32664) – An adaptation on the Children’s classic. Send one person/leader (Wally) off into your local area to hide. In teams the rest of the Unit has to search for them by sending them text messages which Wally can only answer yes or no to. Make sure the teams are provided with some credit for this.

32. **Chase the Hare** (POL 86241) – A wide game where the unit try to catch and overtake the Hare!

33. **City Heights** (POL – 86242) – Have you ever thought about leaping off your favourite local landmark (with a rope attached of course)!? Why not abseil off a building in your local area?

34. **Off your trolley** (POL – 86246) – hold a shopping trolley ‘grand prix’. Set up a series of different events in pairs, teams and relays to test your driving skills. Use your imagination.

35. **Half Pipe Dreams** (POL – 86247) – Skateboarding is one of the best known urban culture activities. Provided there is a hard surface you can skateboard almost anywhere. Make sure you always take health and safety into consideration and refer to POR rule 9.77.

36. **Give it stick** (POL – 86248) – this is hockey on roller skates or blades played in teams of four players (plus a goalie).

37. **Extreme Challenges** (POL – 86249) – think of bizarre, off the wall and extreme activities that could be safely done in your urban area. How about climbing or abseiling from a bridge, building or other structure or starting a scrapheap challenge around the town/city? You might even like to
have a go at ‘extreme ironing’ – where you find the most bizarre place to iron your clothes! Let the imagination run wild!

38. **Stilt Walking** (POL – 86250) - Leg extensions that allow you to be above the crowd.

39. **Unicycling** (POL – 86251) - Riding along on a one-wheel cycle is as easy as falling off a bike! Looks difficult but can be a really cool new skill!
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