



Girlguiding Scotland

*girls in the lead*

# Gull Island Residential Adventure Pack



A resource for all sections, to support units in planning and carrying out an Island Adventure.

# Gull Island Residential Adventure Pack

## Introduction

As part of the centenary celebrations in Scotland this resource pack has been created by the Adventure group to help you to give all girls the opportunity to visit an island and have an island residential adventure.

This pack will help you in the planning of your trip and will give you some ideas for themes once you get to your island! The pack has been designed for a Brownie or Guide weekend event in 2010 (from 7pm Friday to 3pm Sunday), but the information on planning and some of the activity ideas could also be used for a Rainbow sleepover. A Senior Section group could amend this to suit their plans too!

The resource is split into two sections:

1. Planning
2. Themes

These activities are designed to give you a starting point when celebrating the island residential adventure. Please use these to help inspire your girls to suggest and organise their own activities.

Have fun!

# Gull Island Residential Adventure Pack

## Contents

<u>Activity</u>	<u>Page No.</u>
Planning:	
1.0: Forms	3
1.1: Numbers	3
1.2: Transport	4
1.3: Accommodation	5
1.4: Food	5
1.5: Team	6
1.6: Costing	6
1.7: Theme	7
1.8: Activities	7
Themes:	
2.0: Pirates	8
2.1: Falklands Islands	9
2.2: Hawaiian Islands	10
2.3: Greece	11

## 1.0 Forms

### Introduction

Although forms may not be the first thing you need to think about they are covered first in this resource due to their importance.

### Preparation

To ensure you have completed the forms you need, check in the A to Z of Activities (in the Guiding Manual section) on [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

The minimum you will need are an A/A or an A/S, a G/C for participants under 16 and a G/H for everyone (you may also need a G/P if your event is large scale, a joint event or involves travelling abroad).

Each form comes with instructions on the back as to when they should be submitted, who must sign them, etc. It is essential that you submit the relevant permission forms in plenty time.

### Advice

- Don't delay the submission of your permission forms to your Residential or Outdoor Advisor if your numbers are not yet confirmed. It is usually acceptable to estimate numbers and to confirm by email or phone before the event.
- Your Outdoor Advisor or Commissioner should be able to help you with forms if you are unsure. You will also find information in the Girlguiding UK publication Training Opportunities - Camp and Holiday Scheme (available from Guide shops)

## 1.1 Numbers

### Introduction

You will need to publicise your event well in advance! If you have not already done so, you should be telling girls as soon as possible. There would be no point in organising an event if the girls were not interested, and they are likely to have a more enjoyable experience if they have been involved in the planning. It is your role to make this event as exciting and memorable as you can.

### Preparation

Parents/guardians should have information about the event - you could send a letter home with the girls. They should have the option to reply and pay a deposit to secure a place for their daughter. It may be a good idea to set a maximum number of participants, depending on the capacity of your venue and especially if you have a limited number of adults to help.

### Advice

- Consider how many participants you are likely to have. Inviting notes of interest can give you a guideline.

## 1.2 Transport

### Introduction

Any trip away from the Unit meeting place will require an element of transport. The type of transport will depend on your location, number of participants and availability of transport.

For small numbers going to a local area, parents may be able to drop girls off and pick them up at the end. In this weekend plan we anticipate that having parents to transport girls will not be feasible.

### Preparation

You will need to know the numbers of girls involved before you start thinking of the type of vehicle required. If you have a small number of girls you may want to look into public transport (bus or train) before you book a private company as this can be expensive.

### Advice

- Try to book as a unit as you may get a discounted group travel rate. You could also contact other local units, they may be interested in joining you and this would allow you to share the costs.
- If you book as individuals then direct the participants to relevant websites for coaches, trains, boats giving them as much support and help as possible.
- Do you need transport on your island to take participants to accommodation and/or activities? If yes, then this should be arranged prior to the trip to ensure that there are no delays on arrival.
- Try to book public transport in advance if you are using that. You won't know how busy the bus/train may be and you want to avoid there being too few seats available for your group.
- Book early and keep copies of all correspondence.
- Because your event is on an island, you will have to take into account possible weather delays to ferries and how you will deal with this.

## 1.3 Accommodation

### Introduction

Accommodation needs to be booked early to ensure you have somewhere to stay. You will need to consider the age ranges and needs of your girls before you decide on what type of accommodation you require.

### Preparation

Research all the types of accommodation which are available to you on the Island or in area which you are planning to visit.

Is it possible for you to visit to your proposed venue? Could you meet up with a local contact?

### Advice

- Websites give lots of information but local Guiding contacts can be invaluable. Get information local to your destination through your Outdoor Activities Advisor or Commissioner.
- Ensure there is disabled access to your proposed venue if required.
- Is there permanent accommodation available or will you be taking tents?
- Consider your likely numbers - will this depend on accommodation?
- Youth Hostels welcome Girlguiding members but make sure you book early if you want sole use.

## 1.4 Food

### Introduction

Try to have an adult with catering experience to take on the role of organising the food. Whether they are preparing it themselves, or overseeing the catering on the trip you will need someone to be responsible for this aspect.

### Preparation

Involve the participants when planning your menu. Girls have different likes and dislikes and your caterer will need to come to a compromise with the girls, taking into account and particular dietary requirements.

### Advice

- The preparation of menus and the purchasing of supplies can be delegated to your caterer(s).
- Will your funds run to going out or having a takeaway for one (or more) meals?
- Are there adequate catering facilities for your requirements?
- Can you pre-order food? Are you going to be in an area where a supermarket will deliver? Could a contact local to the area you are visiting organise this?
- Remember there may not be a local shop or supermarket or other amenities e.g. taxis, phones available close by! You can get lots of information at the website [www.VisitScotland.com](http://www.VisitScotland.com)

## 1.5 Team

### Introduction

This is crucial to the success of your trip, you need a committed team who are not only experienced/qualified (or doing a qualification) but who want to be a part of the trip. Make sure you have a team you can work with as trips can be stressful and you need to be with people you can trust.

### Preparation

Make sure that the participants and their parents know who is in the team and who they should contact for different issues e.g. catering or first aid concerns.

### Advice

- Establish who will be the team leader first then decide on the best people for the other roles required?
- You will need a First Aider, a caterer, an activities/programme organiser and an emergency contact person at home.
- Consider asking someone from the area you are visiting to be part of your team.

## 1.6 Costing

### Introduction

Once you have considered accommodation, transport, activities and food you will be able to work out your budget. Girls and their parents will need to know the costs as early as possible, and, if the trip is expensive, they may want some time to pay by instalments.

Remember that it is better to over budget a little as it is easier to return excess money to parents than to ask for more after the trip.

### Preparation

Keep records of all money collected, issue receipts and keep receipts for all purchases. You will be expected to prepare a balance sheet of income and expenditure after your event.

### Advice

- Transport and accommodation costs are likely to be your main expense. If you are planning for some time ahead, you may need to allow for an increase in these costs.
- Estimate total food and activity costs as accurately as possible.
- Remember to include miscellaneous costs e.g. an event t-shirt or an 'extras' fund for emergencies or treats.
- If leaders are expected to help with activities will their costs be reduced?

## 1.7 Theme

### Introduction

An inspiring, fun and exciting theme will help to interest the girls in the trip. Ensure that the participants are involved in the planning of this and get ideas from them before you set your theme.

### Preparation

You will need to plan your activities well in advance of the trip and ensure that all leaders are aware of what these activities are. Your team will then be able to plan for adequate rest, mealtimes etc. around the programme for the event.

### Advice

- Get together with your team to discuss the girls' suggestions before you decide on the theme.
- You might use e.g. Pirates, Treasure Island, Hawaii, Falklands, New Zealand, a Desert Island - the choices are limitless.

## 1.8 Activities

### Introduction

Activities are crucial to helping the girls enjoy the event and ensuring they benefit from the experience. Activities will also help to distract any girl who may get a bit homesick!

### Preparation

The Girlguiding Scotland Munro and Island Challenge Packs have many ideas that you could use when planning your activities.

Will your activities allow the girls to achieve an interest badge?

### Activity suggestions:

Try to relate your activities to the area you are visiting - some suggestions are listed below:

- Local crafts, songs, poetry, dance, drama
- Beach activities, games, swimming, sporting activities e.g. sailing, abseiling etc
- Visits to local heritage areas, photography
- Cooking, science
- Is it possible to leave a legacy on the island to celebrate the Centenary by doing a community project of some sort? You may be able to contact a local Forestry Commission Ranger or Wildlife Ranger who could help you with planning.

## 2.0 Pirates

### Activities

#### Treasure maps and trails:

- Practise making treasure maps beforehand then the girls can make their own when they have had a chance to look around the area. Look for examples of symbols which you could use e.g. crossed swords, treasure chest, skull and cross bones, ships, trees, etc. Give local buildings, hills, etc. pirate names and give clues to the location of these.
- Groups could design their own treasure hunt for other groups to follow. Remember to provide treasure!
- Have a scavenger hunt, give the girls a list of items to collect - can they make a pirate or mascot with them afterwards?

#### Games:

- If equipment is available you could set up a keep fit circuit based on pirate activities such as those listed below:
  - A sea scramble using hoops to go through, a mat to roll over, a low bench to jump over.
  - An 'escape from the pirate' - cones placed an appropriate distance apart and a given number of sprints round them to be completed.
  - Bombarding the pirate - throw balls at a target or from one group to another.
  - Walk the plank - start at a cone, run up to and along a bench and jump off the other end.
- Get the girls to invent a fitness circuit. Use music such as that from the film, Pirates of the Caribbean, to make it more fun.

#### Music, film and dancing:

- Using pirate music - choreograph a pirate display with fight scenes between pirate groups.
- Find pirate songs on the internet and try them out - you could get the girls to make up their own words to suit your event.
- Watch a DVD e.g. Pirates of the Caribbean, Treasure Island.

#### Swimming:

- If a swimming pool is available have a pirates activities session.

#### Craft:

- Design a pirate ship which will float in a paddling pool or burn. Can you make it from material for recycling - used plastic drinks bottles for example?
- Make e.g. bandanas, eye patches, swords, a parrot mobile, etc.

## 2.1 Falkland Islands

### Activities

#### Heritage:

- Look at the history and other information on [www.falklandislands.com](http://www.falklandislands.com)
- Contact schools on the Falklands - maybe find pen pals.

#### Natural History:

- Learn about the local flora and fauna, the indigenous animals, birds, fish
- Learn about the local farming and the tradition of peat cutting

#### Craft:

Make:

- Flags - use paper, beads, felt, etc.
- Collages of the scenery or wildlife
- Mobiles of birds, fish, whales/seals/dolphins, farm animals
- Penguin masks.

#### Virtual journey:

Plan a virtual journey to the Falkland Islands

- Use an atlas and/or the internet.
- Plan the journey and cost it out
- Decide what to take to wear
- Look at the foods that are eaten there

## 2.2. Hawaiian Islands

### Activites

#### Heritage:

- Look at the history and other information on [www.gohawaii.com](http://www.gohawaii.com)
- Find Hawaiian dress on the internet.

#### Natural History:

- Learn about the local flora and fauna, the indigenous animals, birds, fish

#### Craft:

##### Make:

- Flags - use paper, beads, felt, etc.
- Collages of beach scenes
- Mobiles of food, birds, fish
- Grass skirts and leis
- Fruit cocktails to drink and eat.

#### Virtual journey:

Plan a virtual journey to Hawaii

- Use an atlas and/or the internet.
- Plan the journey and cost it out
- Decide what to take to wear
- Look at the foods that are eaten there

## 2.3 Greece

### Activities

#### Heritage:

- Look at the history and other information on [www.gogreece.com](http://www.gogreece.com)
- Learn about the ancient Gods and Goddesses. Invent your own Gods and give them special powers.

#### Craft:

- Make typical Greek togas from ancient times.

#### Music and dancing:

- Learn about Greek dancing and perform dances. Learn about typical Greek music and instruments.

#### Food:

- Find out about Greek food and make some typical meals.

#### Games:

- Practise for and take part in an Olympics competition.
- You could use different skills e.g. sports, crafts, music, art, etc. to produce a fun event which girls could enter as teams.
- Have teams representing different Greek Islands and make flags and costumes from each island.
- Look at the Greek alphabet and learn some Greek words - see [www.greek-language.com/alphabet/](http://www.greek-language.com/alphabet/)
- Prepare coded messages for other groups using Greek letters

Why not have each group named after different islands and you could then compare the history, activities, foods, etc. Are there similarities too?

Maybe the girls could complete a badge at the event - are there badges which would fit with your theme?