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**PRESS RELEASE**

FOR IMMEDIATE RELEASE

<GIRLGUIDING MEMBERS/BROWNIES/GUIDES/RANGERS> FROM <REGION> RETURN FROM EXCITING ADVENTURE AT <DESTINATION>

**{insert date}** Girls from across <region/area> have returned home from an exciting <length of trip> trip to <destination>.

The girls, aged between <ages>, took part in a mix of thrilling adventures during their excursion, including <details of activities, including abseiling, rock climbing etc>.

<quote from a girl> e.g. Ellie, 8, from 8th Perth Brownies said: *“This was the first time I’d ever been away without my family.*

*“It was so fun going away with my guiding friends!*

*“We did lots of fun things but what I most enjoyed was XXX.”*

<quote from a leader> e.g. Angela, unit leader from 8th Perth Brownies, said*: “The trip to*<destination> *was a great chance for the girls to get away and enjoy each other’s company in a safe, girl-only space.*

*“It was fantastic to see the girls go beyond their comfort zone and try new things.*

*“They really grew in confidence during the camp and learnt some brilliant new skills – from cooking on an open fire to pitching a tent.*

*“All the girls told me how much they enjoyed themselves and they can’t wait to decide where they want to go next and plan another adventure.”*

Adventures like this are just one of the wide range of activities open to girls through Girlguiding Scotland, the leading charity for girls and young women with almost 40,000 girls.

If you’re interested in becoming a volunteer or know a girl who would like to join guiding, please visit [girlguidingscotland.org.uk](file:///C:\Users\ChloeBurrell\Downloads\www.girlguidingscotland.org.uk).

**ENDS**

**Notes to Editors:**

Photograph attached is of **<insert details of photographs>**.

For further information, images, interview requests please contact [chloe@girlguiding-scot.org.uk](mailto:chloe@girlguiding-scot.org.uk) or [press@girlguiding-scot.org.uk](mailto:press@girlguiding-scot.org.uk)

**About Girlguiding Scotland**

Girlguiding Scotland is a Scottish charity supporting almost 40,000 girls and young women and just under 9,000 amazing volunteers. Girls can do anything. We help them know that, whether they’re 4 or 18 or in between. All girls have a home at Girlguiding Scotland - whoever they are. We show them a world of possibilities, big and small. We help them think big and be bold in a space where they can be themselves, get creative, explore, and have fun. We’re a powerful collective voice – with girls, led by girls – changing the world for the better.

We’re made up of Rainbows, Brownies, Guides and Rangers from the Borders to the Highlands who come together to laugh, learn, explore and have adventures, in communities across Scotland and virtually. Our volunteers make guiding happen by giving their skills, time, talent and enthusiasm.

The Guide Association Scotland known as Girlguiding Scotland is a registered Scottish charity no. SC005548.