



About Guides...

- Guides is for girls age 10 - 15 years.
- Guides work in small groups called Patrols with a Patrol Leader and Patrol Secunder.

Patrol Secunder.

• Guides wear a uniform so that everyone looks equal.

Guides... follow the programme of challenges in this book. There are also other badges and awards you can work towards.

Guides... play games, make things, go on camps, hikes and adventures.

Guides... make friends all over the world

Guides have lots of fun!



The Chiefs Challenge

To gain this badge you must have completed the Discoverers and Explorers Challenges, earned a Service Emblem and 4 interest badges in addition to the badges in clauses 2 and 4. Clauses 1, 4 5 and 6 will be evaluated by your Guider.

1. **Service.** Keep a record of types of service (new or continued) done over a 3 month period. This service should be of an on-going nature, (minimum 12 hours) Types of service might include assisting at... a Cub or Brownie pack / Child welfare / Old age home / SPCA / Environmental project. Service evaluated for Discoverers or Explorers should not be included in this 3 month period. ☐
2. Gain the Guide Knowledge and WAGGGS Knowledge Badges. Gain one of the following; Heritage, Citizen or International Knowledge badge. ☐
3. Show your District or Division Commissioner what your Promise and Law mean to you. eg. talk, photography, drama, song, story, poem or display. ☐
4. Have camped for at least 2 weekend Guide Camps / Camper Badge and earn 2 badges form any of those in the Naturalist or the Woodcraft emblems. ☐
5. Plan and organise an event within your company eg. fund-raising, Guides Own, Campfire, Thinking day etc. ☐
6. Read any 4 yarns from 'Scouting for Boys' and discuss with your Guider / Patrol how Baden-Powell's yarns can be applied today. ☐
7. Do a biography on a South African woman who has achieved prominence in her field. ☐

The Handshake...



Guides and Scouts shake hands with their LEFT hand after the Ashanti Tribe in West Africa who used it as a sign of Brotherhood.

W.A.G.G.G.S The World Association of Girl Guides and Girl Scouts has 10 million members around the world! **The 22nd February is when we celebrate**

Thinking Day. This was the joint birthday of Lord and Lady Baden Powell.

On this day we think about all the Guides around the world, send greetings to Guiding friends and raise money for the Thinking Day fund which helps World Guiding wherever the need is greatest.



I completed my Chiefs Challenge

on _____ signed _____



The Trefoil Challenge

Before you make your Promise and become a Guide you need to complete these challenges...

1. Know and understand:

- the Guide Promise
- the Guide Law
- the salute, left handshake and whistle signals.
- the motto

_____ ☐

2. Understand the meaning of the Good Turn and put it into practice.

_____ ☐

3. You must have been told something of how Scouting and Guiding started; know the names of the Founder and Chief Guide; the date & meaning of Thinking Day.

_____ ☐

4. Describe the world flag and know something of the symbolism of the flag..

_____ ☐

5. Have attended 2 weekly meetings and know the names of the other members of the patrol, your Guider, the name of your Company, District and Region.

_____ ☐

Now you are ready to make your Guide Promise at an enrollment ceremony.

I made my promise

on _____ (date)



Explorers - Out of Doors

REQUIRED CLAUSE: Light a fire in the open. Cook an item of your own choice without using any utensils. / Outdoor Cooks Badge. (C)

1. Demonstrate a practical use of solar energy or conservation cooking. q
2. Show that you can use a compass and set a map. / Map Readers Badge. (C)
3. Plan and take 2 girls on a hike of at least 3 km, including lunch, be accompanied by a Guider or a responsible adult. (C)
4. Take up an outdoor hobby. Show evidence of your hobby, e.g. bird watching, rock collecting, rock climbing, sailing, boardsurfing, etc. (C)
5. Organise and participate in a wide game. (C)
6. Go on a foot expedition of not less than 10km / Hikers Badge. (C)
7. Help plan and pack a tasty, easy to carry, high energy lunch for a summer meal that you could take with you on a hike when cooking fires are not permitted. (C)
8. Demonstrate how to use a hand axe and bow saw. Know how to care for the tools correctly and the safety precautions involved when using them. / Axemanship Badge. (C)
9. Construct either a rope bridge OR a rope ladder OR erect a flag pole using guy lines OR construct a wind shelter large enough for two people. / Pioneer Badge. (C)
10. Plan and pack a survival kit for an overnight hike. Know how to make drinking water safe. (C)
11. Guiders choice of activity ... (C)

----- (C)



Explorers - Home & Yourself

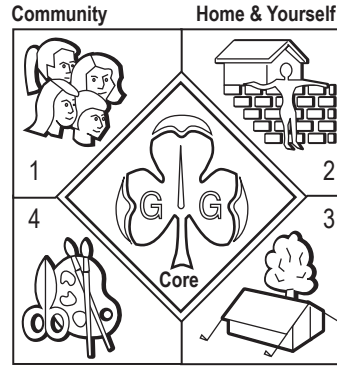
REQUIRED CLAUSE: Show by your personal appearance that you are genuinely interested in good health and grooming. Answer questions on cleanliness of clothing and toilet articles and the use, and abuse, of cosmetics and deodorants. / Health Badge. OR Realise the importance of a clean house and know the dangers of germs, flies, mice, insects etc. / Health Badge ☺

1. Cut and sew a simple garment or article (hand or machine sewing). / Dressmakers Badge. ☺
2. Cook and serve a two course meal for a small number of people. Remember to wash up afterwards. / Cooks Badge. ☺
3. Grow at least four different herbs or vegetables. / Gardeners Badge. ☺
4. Learn how to use and care for a sewing machine - filling a bobbin, threading and changing the needle. / Dressmakers Badge. OR Understand the basic principles of colour, line and texture with regard to clothing. ☺
5. Prepare and paint something OR wire an electrical plug. / Miss Fix-It Badge. ☺
6. Be able to recognise and explain the symbols used to show the recommended laundering methods of articles. Wash and iron a garment. / Laundress Badge. ☺
7. Knit or crochet mittens, slippers, a woollen hat or a garment. / Knitters Badge / Crochet Badge. ☺
8. Be able to demonstrate routine maintenance on a car, eg. oil levels, tyre pressure, battery water, radiator and explain how to change a wheel. / Car Handywoman Badge. ☺
9. Swim 50 meters OR skip 100 in good style OR do a badge from the Fitness emblem. ☺
10. Discuss with your Guider the meaning of Thinking Day, Thinking Day Fund, Thinking Day Symbol, the location of the four World Centres, and the South African Friendship Emblem. ☺
11. Guiders choice of activity ... ☺



Discoverers Challenge Yellow Badge

There are **FIVE** parts to the Discoverers Challenge; The **CORE** plus **FOUR** flashes.



- The core of the challenge must be gained before you may earn a flash.
- You will be awarded the core when you have completed **ONE** challenge of your own choice from each of the four flashes.
- To gain each flash **FOUR** additional challenges of your own choice must be completed.

It is not necessary to complete all four flashes before going on to EXPLORERS but you must pass the final challenge (5) with your Guider.

Earning the Core	Challenge no.	Date
1. Community	_____	_____
2. Home and Yourself	_____	_____
3. Out of Doors	_____	_____
4. Arts and Crafts	_____	_____

5. Discoverers Final Challenge... Talk to your Guider about the part of your Promise you find most difficult to keep and say how you are trying to keep it.

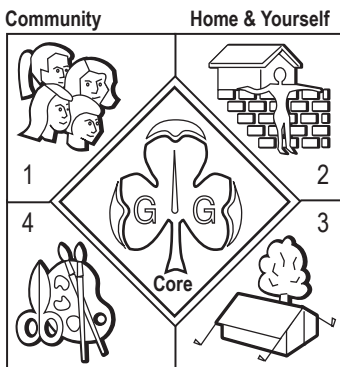


I completed my Discoverers Challenge
on _____ signed _____



Explorers Challenge Green Badge

There are **FIVE** parts to the Explorers Challenge; The **CORE** plus **FOUR** flashes.



- The core of the challenge must be gained before you may earn a flash.
- You will be awarded the core when you have completed **ONE** challenge of your own choice from each of the four flashes.
- To gain each flash **FOUR** additional challenges of your own choice must be completed.

Once you have completed the Explorers Challenge you can start working towards the Chiefs Challenge.

Earning the Core	Challenge no.	Date
1. Community	_____	_____
2. Home and Yourself	_____	_____
3. Out of Doors	_____	_____
4. Arts and Crafts	_____	_____

5. Explorers Final Challenge... Talk to your Guider about the part of your Promise you find most difficult to keep and say how you are trying to keep it.



I completed my Explorers Challenge
on _____ signed _____



Discoverers - Home & Yourself

1. Think of four ways you could be more considerate at home, remembering your family home is for all to enjoy. Carry them out. ☺

2. Invite a girl who is not a Guide to a unit meeting/activity. Introduce her to your Guiders correctly and look after her for the duration of the meeting. ☺

3. Prepare a typical food dish from another culture and serve it to your Patrol, OR Following a recipe make something you have not made before and serve it to your Patrol. ☺

4. Examine your own home and see how safe it is. Make a list of accidents which could happen there and how to prevent them. ☺

5. Give examples of definite ways you have tried to make yourself more physically fit OR Do the Keep Fit Badge. ☺

6. Cook or make a useful/decorative gift which will be given away. ☺

7. Satisfy your Guider that you understand the real meaning of thrift as regards time and money and give examples of thrift in your own home OR Do the Thrift Badge. ☺

8. Carry on correspondence with a penfriend from another country exchanging at least two letters or e-mails (letters or e-mails to be printed and shown to the Guider. ☺

9. Know how to use gas/oil stoves or lamps safely. ☺

10. Gain a badge that you do not already hold from the Little House Emblem. ☺

11. Guiders choice of activity ... ☺





Discoverers - Community

1a. Use a public telephone and deliver a message correctly. Know how to use reverse charges on a public telephone OR Know how to use a cell phone and know the emergency number on the various networks. ☺

how to contact police, ambulance and fire brigade OR Know the address of the nearest petrol station, telephone booth and police. ☺

2. Take part in a Unit Good Turn OR Do a Good Turn on your own or with a group of friends. ☺
3. Describe the dangers and consequences of drugs, alcohol and smoking in an interesting way. ☺
4. Visit a place of interest in your community. Find out about its purpose and history and tell the Company or your Patrol. ☺
5. Find a need in your community/neighbourhood and do something about it with your Patrol or a group of friends. ☺
6. Look after a child (2 - 5 years) for at least 2 hours. Bring a report from a responsible adult after the test has been completed / Child Care Badge / Baby Care Badge. ☺
7. Take part in a Company activity with members of a different cultural group. OR Guide Friendship Badge. ☺
8. Play Kim's Game. ☺
9. Send and receive a message using any form of unwritten communication. ☺
10. Discuss the value of adult help in emergencies and know how to treat burns, cuts, insect and animal bites and make an arm sling. ☺
11. Guiders choice of activity ... ☺



Explorers - Community

REQUIRED CLAUSE: Know the dangers of moving injured people. Make a first aid kit suitable for a hike. Know the purpose of each item. Know how to treat for shock, nose bleed, sprained ankle, sunburn, thorns, splinters, foreign body in the eye. Be aware of the precautions required when rendering First Aid with special regard to the H.I.V. & Hepatitis B viruses. / Emergency Helper Badge. ☺

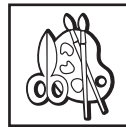
1. Accurately throw a lifeline for a distance of 8 meters. ☺
2. Contact a community organisation which helps others. Undertake an act of service as a volunteer for at least three hours. ☺
3. Demonstrate a knowledge of CPR. Know the difference in application for an adult, child and baby. Emergency Helpers Badge. ☺
4. Find out about health and safety services provided in your community. Know what immunisation a child should receive. ☺
5. Sketch a map of your neighbourhood showing the locations of such services as bus routes, public telephones, post boxes, petrol station, shops etc. ☺
6. Visit a centre for the disabled or aged. Find out what makes a building suitable /unsuitable for various disabilities. ☺
7. Make a record of the educational services the local radio station or TV gives to your community over a week's period and discuss with your Guider the programme you enjoyed most. ☺
8. Take part In a conservation project, eg. tree planting,, care for the school or church grounds etc. ☺
9. List ways you can save water. Explain about the importance of clean drinking water, the hazards of bilharzia OR cholera OR typhoid. Know how to guard against these dangers. ☺
10. Undertake an act of service to someone in your community. Know what organisations are available in you area to help prevent or deal with any health, harassment or abuse problems. ☺
11. Guiders choice of activity ... ☺



Discoverers - Out of Doors

1. Lay and follow a trail outdoors using at least 6 different tracking signs and know the stalking positions / Stalkers Badge. ☺

2. Cover 2km at Scouts pace in not more than 15 mins, showing good running and walking and finish in good condition. ☺
3. Learn how to build and light a fire out of doors. Cook something on it and share it with your patrol. Go on a Guide Camp (indoors or outdoors) for at least a weekend. ☺
4. At the camp make a camp gadget using at least three pieces of wood. ☺
5. Discuss with your Guider the importance of recycling, and participate in or initiate a recycling project in your family, community or Unit. ☺
6. Know the habits and dangers of snakes, spiders, scorpions and ticks. Be able to discuss your discoveries. ☺
7. Pollution affects our environment. Identify a pollution problem in your area. Make a poster to make people aware of the problem, display at a suitable venue. ☺
8. Go on a hike with your Patrol or Unit. Know the Outdoor Code. ☺
9. Play a game or take part in an activity using the compass points. ☺
10. Learn to recognise 6 flowers or trees in your own neighbourhood. ☺
11. Guiders choice of activity ... ☺



Discoverers - Arts & Crafts

1. Make a toy and give it away to a worthy cause eg. Children's ward, a creche, street children, Christmas toy collection / Toymaker's Badge. ☺

2. Using a plain sheet of paper, create an all-over design to be used to wrap a gift or cover a book. ☺
3. Make a gift or greeting card using some sort of papercraft, eg Origami, quilling, pop-up or cut out card. ☺
4. Make a miniature garden or floral posy and give it to someone. ☺
5. Make three articles using different natural materials eg. leaf prints, bark rubbing, grass weaving, sand art, shells, seaweed. ☺
6. Decorate a sponge cake as a birthday cake or make three different edible novelties for a children's party (No baking required) ☺
7. Make an article typical of African Craft, eg. beadwork, basket weaving or gain one of the badges from the Arts/Crafts emblem. ☺
8. Decorate a T-shirt, mess kit bag or similar article. Method of decorating your own choice. ☺
9. Make a poster to advertise a forthcoming Guide event, or to inform the public about one aspect of Guiding. Display, in a suitable venue./ Artist Badge. ☺
10. Either individually or as a group make a presentation to an audience on some Guiding highlights using for example, puppets, a talk, a skit, a poem, a song/rap, a game, or a story / Entertainers Badge ☺
11. Guiders choice of activity ... ☺

