



Adventure 100


Adventure 100 is a Centenary Challenge that all members can take part in. It can be done by individuals, Sixes or Patrols, units, Trefoil Guild members or groups of guiding friends. The full details can be found on the website at www.girlguiding.org.uk/centenary.


The Challenge consists of 10 sections.


 **Look Up High** all about climbing, growing and getting to the top.


 **Share the Adventure** taking part in Centenary adventures.

 **What a Performance** singing, dancing, acting and mime.

 **Moving** all kinds of travel explored.

 **In the Dark** adventures, sleeping and exploring at night time.

 **Flashback** looking at the decades.

 **Wacky 100** crazy ideas around the number 100.

 **Wet & Wild** getting around on water and getting wet.

 **Ice Cool** freezing activities and being chilled out.

 **Future** what will you do and be?

Within each section there are 10 Adventures. To claim the special Adventure 100 badge participants need to complete at least one Adventure from each section. The Adventure Map enclosed sets out all the Adventures and helps everyone choose. Encourage members to undertake something that they have not done before or something which will be a real challenge.

Each Adventure has been marked with a score. Rainbows and Brownies should undertake Adventures that add up to at least 100 points. Guides, Senior Section members, Leaders and Trefoil Guild members should be able to achieve at least 150 points. Upon completion of the whole Challenge participants can proudly apply for and wear the special Adventure 100 badge!



To order the Adventure 100 badge (75p; order code 7780), contact the Trading Service on 0161 941 2237 or visit your local depot.



100
Girlguiding UK
girls in the lead



Look Up High

1. Top of the Tower

Think about any towers in your area. Climb a church tower (5) or high building (10), or visit a well-known tower (10). If you can't, build a tower with toy bricks or play Jenga (5).

2. Upside Down

Everything that goes up must come down! Ride a rollercoaster (10), slide down a helter-skelter (10), parascend (20) – or make a tasty pudding that needs to be turned upside down (5)!

3. Floating on Air

Use the power of wind and air to experience this Adventure: play with a parachute or a frisbee, fly a kite, or make toy hot air balloons or a windsock (all 5).

4. Grow Tall

Watch something grow. Plant a herb or sensory garden (15). If you took part in the Woodland Trust's Changing the World project, go and have a look at the trees you planted and see if they need any care or check on how high they have grown (10).

5. Keep Up

Give yourself a fitness workout or have a go at step aerobics, do some handstands or take part in a charity fun run (all 5).

6. Top of the Charts

Attend the BIG GIG or Fusion and enjoy the latest music sounds (10). Choose your own Top 10 favourite tunes and tell others why you like them (5) or talk to your unit about going to a music event (5).

7. Jump Up High

Jump as high as you can – use hoppers, trampolines, or pogo sticks – or play jumping beans, hopscotch, leapfrog or kangaroos (all 5).

8. Climb Up

How high can you get? Climb a hill (5), a tree (10), or a mountain (20). What can you see from such heights? Or find a staircase with lots of stairs and see how long it takes to climb (5).

9. Hanging Around

Try one of the following at a local leisure or activity centre: a climbing wall (5), high ropes (10), a high slide (10), or a low ropes course (10). Alternatively, go to an adventure playground or climbing frame (5).

10. Room With a View

Find your highest local point and take a photo. Then share your photo or draw a map or picture of what you saw (10).

In the Dark

1. Sleeping Out

Join together for sleepovers in an unusual place (10). Make a dream catcher to hang over your bed (5). If you have not done this already, take a look at the Changing the World project on the Power of Dreams and understand how some young people find it hard to find a safe place to sleep (5).

2. Stay Safe

Hold a meeting wearing fluorescent clothing (5). Invite local police to tell you how to keep yourselves safe (5). Learn self-defence (10).

3. Venture Out

Go on a night hike or glow trail, or stay up all night or out in the woods (all 10). Visit a local town, park, or railway station at night (10).

4. Twinkle Lights

Find out about how light features in many faiths. Celebrate festivals of light (5). Use candles, lanterns and lights for a themed Adventure (5).

5. Disco Music

Music and sounds are amplified in the dark. Enjoy a disco, campfire, carols or music from different faiths, or any party music, in the dark or at night (all 5). Rainbows could join with others for a campfire.

6. Nocturnal Animals

Observe animals in the dark (10), or visit reserves for nocturnal creatures (10). Build a wormery (5). Help with the conservation of hedgehogs, badgers, or owls (5).

7. Play in the Dark

Wide games, murder in the dark, shadows and blind trails can all be enjoyed in the dark (all 5).

8. Extreme Dark

Go caving (10), or into a tunnel, a dungeon, or a mine (all 5). Camp out under the stars (10). Travel on the underground or through a canal tunnel (5).

9. Midnight Feast

Hold a midnight feast, picnic, or banquet (5). Invent a dish using dark ingredients (5).

10. Light Up the Darkness

Look at the night sky and learn the names of some stars and constellations (10). Enjoy fireworks and games using torches (5). Visit a planetarium or a lighthouse (10).

The Adventure Map

Be creative and carry on using the Adventure Map even after you have completed the Adventure 100 Challenge. You could, for example, use it for fundraising – decide where the treasure is hidden and charge money for guesses.





Wet & Wild

1. Water Games

Splashing around in water can be great fun. Have a go at wet sponge throwing (5), water polo (5), water sliding (5), or rafting (10).

2. Water for Life

How much water should we drink a day? Find out and taste some flavoured ones (5). Look at some reliable websites or the Changing the World's Sing for Change pack for ideas on understanding how important water is for life (5).

3. Water, Water, Everywhere

Visit someone whose job involves working with water (eg a coastguard, a firefighter, a flood defence specialist, or someone who works in sewage treatment) at his or her place of work (10).

4. In the Surf

Go white-water rafting (20), gorging (20), kayaking (10), sailing (10), water skiing (20), scuba diving (20), kite surfing (20), body boarding, or surfing (10).

5. Water Babies

Invite someone to talk to you about creatures and animals that live in water – fish, mammals and invertebrates (5). Visit an aquarium or sea-life centre (10).

6. Make a Splash

Make a trip or have a residential on a canal boat (20), ferry (10), steamer, or sail boat (10). Attend a water activity event or try pond dipping or rock pooling (5).

7. Water Science

Discover the science involved in activities using water – make steam (5), a water filter (5), or a water pump (10), or use water dyes to colour clothes (10).

8. Swimming

You can swim in so many different places. Here are just a few to get you going: off a beach, in a lake, in a pool, at a monster swim, or in a gala. You can do aqua aerobics, diving, sliding or chutes (5).

9. Go Where Water Flows

Visit places and listen to the sounds that water makes – at a water wheel, the source of a river, the seaside, waterfalls, or rock pools (10).

10. Sail Away

A chance to try something new on water – without getting too wet! Go in for bell boating, sailing, a river cruise, floating, punting, dragon boating, or rowing (10).

What a Performance!

1. Performance Point

Write and perform poetry. Invite a performer/theatre group/poet to come and talk to you about their work (5). Try to be a ventriloquist (5).

2. Learn a Dance

Get the rhythm of the beat into your feet and learn how to do Bollywood dancing or samba, street dancing, ballet, ceroc, or folk or line dancing (5).

3. Lights, Camera, Action!

Make a short film using your phone or camcorder and show this to your friends (10). Go and see a film and then review it afterwards (5).

4. Live Theatre

Go and see 'live theatre'. This could be street theatre, amateur dramatics, a pantomime, an ice show, a play, a puppet show, a musical or the circus (10).

5. Music to My Ears

Try your hand at playing different types of music like drumming or hand bells (5). Go and see a live band (5). Make your own percussion instruments and play them (5).

6. Sell a Product

Devise a TV commercial to promote and encourage people to join Girlguiding UK and perform it to an audience (10).

7. Behind the Scenes

Arrange to go backstage at your local theatre and find out how the lighting, make-up and props all work (10). Try putting sound effects to a short story and get the timing just right (5). Get in touch with the local amateur dramatics society and see if you can help it with a production (10).

8. Supporting Roles

A performance of any kind relies on many elements such as costume, sets, scenery, music and effects. Review a TV drama and note how all these things contribute to the entertainment (5).

9. In the Spotlight

Put on a puppet show or a pantomime from casting to performing (10).

10. Be a Star

Create an X-Factor-type competition or write a play and perform it (10).





Future

1. Grow Guiding

Think of ways to recruit new members into our movement. Make a radio jingle and get it played on your local radio station (10). Design leaflets and posters to catch people's attention (5). Create a TV ad or dance routine (5).

2. Adventure +

Taking part in the Centenary celebrations should inspire you to keep the Adventures going in your guiding. Plan to do something adventurous in 2011, like travel abroad, or take up a new hobby or sport (10).

3. If I Were in Charge...

Imagine what you would do if you could make the rules the world lives by? Pick one thing you would change, one thing you would introduce and one thing you would not change, if you ruled the world (10).

4. Young Women's Voices

Make your voice heard on an issue that matters to young women. Girlguiding UK is hosting a Young Women's Youth Forum for WAGGGS members in October 2010. Create your own Forum locally – debate topics so everyone has a say, and encourage members to contribute to it (10).

5. 2012 Olympics and Paralympics

London hosts the next Olympics and Paralympics, when sport will unite nations. Find out about the history of these wonderful games and discover how cultures, faiths and all abilities are accommodated. Hold your own event (10).

6. Memories of 2010

In your *Greatest Adventure* booklet make your own personal record of what you did during 2010 (10). Use a podcast or film to contribute to the Centenary website recording your special moments of 2010 (10).

7. World Conference

Edinburgh is hosting the next World Conference in 2011. Delegates will be enjoying Scottish hospitality and finding out about local traditions. Hold your own Scottish evening: learn a jig, sample haggis and listen to bagpipes (10).

8. Girlguiding UK in 2015

Here is your chance to design uniforms, badges and programmes for 2015 and beyond. Let us know what you would like Girlguiding UK to look like in the future by sharing your ideas on the Centenary website (10).

9. Food of the Future

Nowadays there is great emphasis on using local produce and reducing our food miles. Create some recipes or dishes which use mainly local produce or produce grown in the UK. Perhaps visit a farmers' market and taste local produce (10).

10. What Next for Me?

Think about what you might like to be or do when you leave school. Find about employment opportunities in your local area, or what the entry requirements are for the local college (10).

Ice Cool

1. Chill Out

Hold an evening or event of taking things easy. Pamper yourselves, spoil each other. Take time out of your busy life to relax and chill. Try a hand massage or a foot spa (10).

2. Cool Chat

If you don't already text, learn the 'lingo' of texting and how to abbreviate words (5). Create your own language or coding so you can communicate secretly (5). Try Skype communications with friends or family abroad (10).

3. Cool Threads

Look at today's fashions – are they similar to clothes worn in other decades? Design a cool new top you could wear to your unit meeting (10). Hold a swap-it party and recycle unwanted clothes (10).

4. Cool Down

Find some activities to reduce your 'carbon footprint'. You could use activities in the Changing the World projects linked to WWF and Friends of the Earth if you are short of ideas (10).

5. Winter Nights Away

Plan and hold a sleepover, residential or camp during the winter to experience something different. Many religious festivals occur during these months of the year and you could take these as your theme (20).

6. Ice

Have an Adventure on ice – skating, skiing or sledging (5). Make sculptures or lollies from ice (5). Try some team-building icebreakers to warm yourselves up (5).

7. In from the Cold

Learn how to survive by bivouacking for the night if stranded in the cold (5). Understand how people live and work in cold climates – such as the Inuit and Himalayan tribespeople (5).

8. Wrap up Warm

Try knitting a scarf to keep warm (5). Hold an evening when everyone keeps their warmest clothes on – just how many jumpers can you wear at once (5)? Re-design a hat to make it warmer (5).

9. Cool Buffet

Make, bake and eat just chilled or cold foods. Slush puppies, ice cream, frozen yoghurt, milk shakes, baked Alaska... Find a really 'cool' place to eat your buffet (5).

10. Top and Bottom of the World

The Arctic and the Antarctic are both cold places. Find out about the animals that live on these continents and how climate change threatens them with extinction. Find ways of helping these wild creatures and raising other people's awareness of this issue (5).





Share the Adventure

If you have already booked for a Centenary Adventure, you have the advantage of already completing this section. If not, organise something similar in your unit. (See the Activate in *guiding* magazine from May 2009 for ideas.) All of these challenges count for 10 points.

1. Centenary Launch Parties

This is a marvellous opportunity to get together with other units and sections at District, Division or County level. The Launch takes place over the weekend of 5–6 September 2009.

2. Smile Please!

Capture your Centenary moments on photo or film for Catch the Moment and win some fantastic prizes! You can also be part of the Centenary Photo Pin Board by uploading a head and shoulders shot of yourself – or of your friends! See the Centenary website for details.

3. Centenary Adventures

Rainbows Go Wild, Brownies Take Over..., Guides Get Away and Senior Section members have Ultimate Adventures. The *Ways to Celebrate* catalogue contains details on how to book on these Adventures.

4. Your Own Adventure

If you cannot attend one of the large Adventures or events, create your own. You can have a party, go on a trip, or try adapting the national ideas to fit your group locally.

5. One World One Beat

Where will you be on World Thinking Day 2010? Large events are planned throughout the UK and there will be local celebrations too. All events should rock to the sounds of world music, dance and drama.

6. Tall Ships

Look out for news of the Centenary Tall Ship Event. Why not visit when it's in a port near you?

7. Centenary Camp

Attend the camp at Harewood House, near Leeds, in summer 2010. If you are a Guide, Senior Section member or Leader you will have a truly wonderful experience.

8. Fusion – the spectacular way to celebrate our Centenary

Being in the audience at this amazing event, surrounded by 30,000 members of Girlguiding UK... wow! Hurry to book your place through your Leader.

9. Open Houses

A chance to go inside properties connected to guiding that are normally not open to the public. This is a great opportunity to explore private places linked to our history.

10. Finale

At 20:10 on 20 October 2010 all members will be meeting to kick off the next 100 years of guiding! We will also be renewing our Promise, so be part of this exciting moment!

Moving

1. How Many Wheels?

Take a journey for a day out to a museum or somewhere similar and count how many wheels are involved in your travel and how many you see on the way or at your destination. Remember to count escalators, fans, ticket machines (5).

2. Bike Rides

Using bikes go and explore. You can hire bikes and go mountain biking or BMX tracking. Go to a gym and use exercise bikes or cycle on water in a pedalo. Know how to mend a puncture and undertake a cycling proficiency course (10).

3. Big Wheels

Ride on the biggest wheel you can find – on the London Eye, Ferris wheels, fairground rides – or go in Monster Trucks. Build a big wheel from recycled materials and see how fast it can travel. Rainbows could build using Lego® or K'nex (10).

4. Making Tracks

Take a trip on a train, in an army tank or a tractor (10). Follow a trail of track marks or tracking symbols (10). Take plaster casts of animal tracks and identify them (5).

5. How Fast Can You Go ?

Travel as fast as you can – have a race with another unit to see who can reach the finish line first (10). Try go-karting, quad biking, rally driving, dodgems, or roller skating (10).

6. Off to the Races

Arrange a race night with model cars or marbles. Make and wear fancy hats, enjoy special cocktails, have a picnic. Make chariots to race, decorate wheelie bins or trolleys (10).

7. All Aboard!

Move using boards – skate boarding, surfing, snow boarding, kite boarding, grass boarding. Build your own unit board and travel on it (10).

8. Moving On

Consider where you are spiritually in your life and learn or experience another type of meaning of life. By exploring other cultures and faiths you can establish your own inner peace and beliefs. Invite someone with another spiritual belief to share their understanding with you (10).

9. Best Foot Forward

Plan an expedition on foot that will take you somewhere you have not been to before. You could link this to raising money for charity or improving your own fitness (10).

10. The Way We Moved

Looking back in time try out a method of transport that used to be popular – horse riding, hot air ballooning, steam trains, cruising, or carriage riding (10).





Wacky 100

1. 100 People

Collect 100 signatures in your *Greatest Adventure* booklet (10). Get 100 people together for an Adventure (20). Tell 100 people about Girlguiding UK and what fun we are having in our Centenary year (20).

2. Shape 100

Create the 100 shape with 5p coins, ribbons, badges, or people lying down (10). Make this as large as you can. Take an aerial photo and put it onto our website – you can add an extra 20 points.

3. 100 Miles

Organise a hundred-mile relay and transport a message. Travel 100 miles and keep a record of all you see on the way. Visit places of interest within 100 miles of your home (all 20).

4. 100 Pennies

Collect 100 pennies and give them to a worthy cause. Spend 100 pennies and see how far you can travel. Use 100 2p coins to buy ingredients to make a meal. Use 100 pennies to make another 100 pennies (all 10).

5. 100 Minutes

Take 100 minutes of your unit meeting and have an Adventure. Take 100 steps outside your meeting place and explore, have a themed evening on explorers from the past, use your minutes to record details of your life today for a time capsule (all 10).

6. Target 100

Can your unit score 100 goals, hop, skip or jump 100 times, or shoot 100 archery arrows on target? Have an evening of sports-type targets with participation medals for everyone taking part (all 10).

7. Tasty 100

Cook up a storm with meals for 100 people. Think of 100 ways to feed girls at camp or on holidays and publish the recipes. Serve 100 drinks to thirsty members of the public (all 20).

8. 100 Places

Can you visit 100 different places during the Centenary year? Could you travel virtually – by using the Internet – to 100 cities or countries? (20).

9. 100 Hours or Days

Try sticking to a healthy diet for 100 days. Live without your mobile phone for 100 hours. Take up a new sport or give up a bad habit for 100 hours. See what a difference a change in lifestyle could make (all 20).

10. Centenary Moments

Capture your own personal Centenary moments - photos, tickets and programmes to events, badges, gifts, newspaper cuttings, mementoes. Perhaps make a scrapbook or stick them in the *Greatest Adventure* (20).

Flashback

All these challenges score 20 points.

1. 1910s: A girl-only space

In 1910, girls didn't run, swim or wear trousers. Find out how restrictive life was for girls of your age in 1910. Visit a museum, or even try on some clothes from that era.

2. 1920s: Guides Go Global

In the early years, guiding quickly spread around the world. Expand your guiding horizons. You could meet with other units, email Guides across the world, find a guiding pen pal or visit Guides in another country.

3. 1930s: From Little Acorns...

In 1930 the foundation stone of CHQ was laid: contributions came from Guides around the world. Do something small to build something bigger: take food to a tea party, plant flowers to make a garden, or collect photos into a mosaic.

4. 1940s: Guiding Without Leaders

During the Second World War, Guide Leaders were in short supply. Girls were left to run units on their own. Run something without the help of your Leaders. You could run a game, activity, event, unit meeting, trip, or fundraiser.

5. 1950s: From Big Band to Rock 'n' Roll

From pop music to rock 'n' roll, the 1950s had it all! Write or sing a guiding song in the style of songs from that era, have a karaoke evening of songs from the '50s, or create a dance from the period. Come dressed in '50s-style clothes.

6. 1960s: Have You Seen What They're Wearing?

The '60s saw huge changes in fashions - from ankle skirts to minis. The uniforms of Brownies and Guides changed too. Create a '60s-style uniform. You could draw, paint, sew, make a collage, or dress up.

7. 1970s: Friends Across the Seas

Britain joined the European Economic Community (EEC, now the EU) in 1973. Hold your meeting themed around a European country: learn a few words in the language, wear the guiding uniform from that country, and have food and music from there.

8. 1980s: Aiming High

In the 1980s more and more women realised their ambitions and made their mark in areas from politics and law to business and sport. Set yourself targets to achieve within a week, during the Centenary year and in the next five years.

9. 1990s: WWW

The '90s saw rapid changes, with the growth of the Internet and other technologies. The Girlguiding UK website was launched. Create a webpage or have a text relay race to tell people about guiding.

10. 2000s: Girls Shout Out

Girls shout out is about getting girls' voices heard in the community. What do you want to shout out about? Do it! Write letters, make posters or visit a radio station.

