

What I learnt from the Girl Experience Conference

In March 2025, I attended SWE Girl Experience Conference in my role as county peer education coordinator. The overall theme was celebrating and protecting our planet. Below are some of the top tips and activities I took away with me.

1. Sock activity – This activity involves 2 old socks per person. Put on the first sock (over shoe) and go walking through your high street. Put on the second sock and go walking through the countryside. Place each sock in a zip lock bag or jar and leave in the window to grow! It really highlighted the biodiversity of plants growing in the countryside sock compared to the high street.
2. Venue analysis – This activity involves looking around your unit meeting place and seeing what your environmental impact is. Exploring things like: waste/recycling, water usage, electrical usage, and where resources are sourced from. Ask the young people if they have any suggestions for ways to make our units more eco-friendly.
3. Gifting Facebook groups – These are places where you can offer and request items free of charge. Everything from toilet rolls for crafts to blenders for a camp. I've since signed up to my local group and it's been really helpful for finding free resources and saving another item going into landfill.
4. Utilising the food bank – Often after camps and residential, there can be a large amount of food leftover. You can make contact with your local food bank to offer shelf stable food for gifting.
5. Shared resources – There's often SO MANY resources in your district/division/county that it's hard (if not impossible) to keep track of who has what available to borrow. Creating a shared drive or social media group where you can list resources can be a great way to help reduce storage needed, reduce costs, and reduce consumption.

6. Bringing awareness – Often we are doing lots of stuff to help the planet, and a small step to help can be talking to young members about what we're doing. Such as explaining that yes the paper for this activity is scrap/recycled, we don't always need brand new paper. Or planning residential menus to utilise seasonal foods.