



WE DISCOVER, WE GROW

Girlguiding

North West England

# YEAR OF ADVENTURE 2019

## Introduction

Try something new and be inspired with our Year of Adventure challenge! In 2019 we're inviting everyone to get outdoors, learn new skills, and try something different.

## How To Complete The Challenge

We're challenging our members to complete 12 different activities!

The 'Year of Adventure' challenge is suitable for all sections to take part in, either as a unit or as an individual. You can complete the activities in any order, at any time, and have until 31st July 2020 to complete the challenge. Once the activities have been completed you can purchase the 'Year of Adventure' badge from our online shop [here](#).

With such a wide age range to cater for, the challenges are not intended to be 'set in stone', so they can be adapted to suit your unique skills, age range, resources and can be completed in any order. The main thing is to take on the challenge, make a plan and complete it!

### 1. Litter Heroes

Get outdoors and help keep your local area beautiful by taking part in a short litter-pick. This could be at a local park, beach or even just on your street.

### 2. Treasure Hunting

Take part in (or create for others), a treasure hunt or take it further by joining the world's largest technological treasure hunt, by finding your local geo-caches.

### 3. Finding your way

Give public transport a go and plan a unique trip for your unit by public transport only, this could be by bus, tram, train or even boat!

### 4. Get walking

Scrub up on your map-reading skills and get walking! Enjoy the beautiful outdoors with a group of friends or with your unit.

### 5. Try a new sport

Think out of the box and try out a sport you've never done before. This could be something like: ultimate frisbee, croquet, volleyball, or even foot golf!

## 6. Up high

Visit your local activity centre and push yourself to the limits by trying out an adventurous activity such as climbing, zip-wiring or abseiling.

## 7. Den building

Let your imagination soar by building your very own den or shelter. This could be inside your unit meeting place or, whilst you are out and about why not make your own woodland den?

## 8. Aqua adventure

Take the plunge and try out an adventure activity on water. This could be rafting, kayaking, paddle-boarding or even just a trip to the swimming pool!

## 9. In the dark

Turn off the lights for an adventure in the dark, or get outside one evening and enjoy a spot of star-gazing! Glow-sticks and torches are an essential for this activity!

## 10. Food adventure

Experience a different culture by trying out the traditional food from a different country. To make this even more of an adventure, why not try cooking it on an outdoor cooking stove or real fire?

## 11. Share an adventure

Pair up with another unit or section and have an adventure together!

## 12. Create your own adventure

Everyone is unique, so for this activity we want you to create your own challenge which will push you, or your unit out of your comfort zone.

