



WE DISCOVER, WE GROW

Girlguiding

North West England

# YEAR OF ADVENTURE



## 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

When it is safe to do so, give public transport a go and plan a unique trip by public transport only, this could be by bus, tram, train or even boat!

## 4. Get walking

Scrub up on your map-reading skills, get walking and enjoy the beautiful outdoors with a group of friends!

## Introduction

Try something new and be inspired with our Year of Adventure challenge. During the past few months, we've been finding lots of ways to stay engaged and get adventurous, both indoors and outdoors. Did you know that some of what you may already be doing with your unit may be covered in our YOA activities? Why not put a stamp on it and add to your badge collection? Over the next few months, we're inviting everyone to get outdoors - while following government social distancing guidelines - learn new skills, and try something different.

## How To Complete The Challenge

We're challenging our members to complete 12 different activities - like we said, some of them you may have already done! The 'Year of Adventure' challenge is suitable for all sections to take part in, either as a unit or as an individual - but for now, as unit meetings are still on hold in most of the UK, you'll be doing the activities virtually and individually. You can complete the activities in any order, at any time. And, great news, we've extended the challenge until 31 December 2020, so all of our adventure seekers can complete their activities and get their badges in time.

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, of course, the developing circumstances in response to COVID-19. The main thing is to take on the challenge, make a plan and complete it, but please only complete the activities you are able to do safely.

## 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

When it is safe to do so, 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

When it is safe to do so, 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! Don't forget, this can be virtually!

## 12. Create your own adventure

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

