



# INSPIRING YOUR EVERYDAY ADVENTURE



September 2011  
- August 2012





Photos from the Essex Challenge 2010  
 Submit your stories and photos at [www.essexscouts.org.uk/articles](http://www.essexscouts.org.uk/articles)

## MOVING ON AWARD

Where a challenge in this book is supporting the moving on award, it is denoted by the related badge.





# INSPIRATION

## THE ESSEX CHALLENGE IS BACK

Looking for inspiration for your everyday adventure?

The Essex Challenge is back, brought to you by the County's Youth Programme Team to challenge and inspire you with your programme planning. This time The Essex Challenge will run from September 2011 through to August 2012.

2012 is a big year for the UK and for Essex on a global level; we have the London 2012 Olympic and Paralympic Games coming to London and the Essex International Jamboree coming to Chelmsford from 18th to 25th August.

The aim of The Essex Challenge is for each young person in a Section to complete at least one of the activities for each month and in doing so earn themselves a special badge which they can wear on their uniforms. We have given each month a theme with two activities to choose from but it is entirely up to you how you want to complete the activities; you could do both activities each month, or do two months in one, it's up to you. Beaver Scouts celebrate their 25th birthday in 2011 so we have added in an extra activity, giving Beaver Scouts 25 to choose from – why not challenge your Colony to do all 25 as part of your celebrations.

To help you keep on top of your awards records we have provided the badges/awards/programme zones that each activity falls in so you can tie them in to your Balanced Programme (you'll just need to check them against the requirements).

More support materials, resources and tips can be found at [www.essexscouts.org.uk/challenge](http://www.essexscouts.org.uk/challenge) to accompany many of the activities and remember to upload your stories and photos at [www.essexscouts.org.uk/articles](http://www.essexscouts.org.uk/articles).

As I will be celebrating my 50th birthday in December I have added in an extra activity to The Essex Challenge this year, read on to find out more.

I look forward to hearing from you as you work through The Essex Challenge.

*Jan Dear*  
*County Commissioner, Essex Scouts*









## THE GOLDEN 50

To celebrate Jan Dear, our County Commissioner's 50th birthday in December 2011, as part of The Essex Challenge we are challenging each Colony, Pack, Troop and Unit to complete 'The Golden 50'. By completing one of the activities below as a Section you will qualify for a gold-edge to your badge.

- Collect 50 Scouting 2007 or 2012 Olympic 50ps and donate to a local children's charity and submit on [www.essexscouts.org.uk/articles](http://www.essexscouts.org.uk/articles)
- Describe your life in Scouting in 50 words and submit on [www.essexscouts.org.uk/articles](http://www.essexscouts.org.uk/articles)
- Take part in 50 nights away during the year
- Take 50 photos of your participation in The Essex Challenge
- Complete 50 hours of Scouting outside of your normal meeting times
- Travel 50 miles outside of Essex
- Complete 50 miles of Hikes Away activities
- Find 50 examples of putting your Scout Promise and Law into practise
- Make 50 cupcakes
- Write 50 thoughts for the day/prayers to send to your Sectional ACC for inclusion in a County publication

Send a birthday card to Jan Dear, County Commissioner once you've completed your Golden 50 activity and submit an article about your Golden 50 on [www.essexscouts.org.uk/articles](http://www.essexscouts.org.uk/articles) to qualify for your gold-edged badge.

# SEPTEMBER - SURVIVAL

CHALLENGE	AWARD/ZONE	
 <p>1 Learn what to do when approached by a stranger.</p>	Safety Activity Badge	
<p>2 Build a shelter.</p>	Outdoor Challenge	
 <p>1 Hold a joint evening with a local Scout Troop and learn how to light fires without using matches.</p>	Outdoor Challenge	
<p>2 Learn how to survive in water.</p>	Global Challenge	
 <p>1 Working with an Explorer Scout Unit and/or Sixers from your local Cub Scout Pack construct a shelter of natural materials and sleep in it.</p>	Survival Skills Activity Badge	
<p>2 Cook a meal without utensils over an open fire.</p>	Outdoor Challenge	
 <p>1 With a local Scout Troop, take part in an overnight survival camp, cooking all meals on an open fire and sleeping in a shelter built from natural materials.</p>	Outdoor & Adventure Zone Skills Zone	
<p>2 Learn how to correctly prepare a dead wild animal for cooking (ie, rabbit, pigeon, squirrel). Ask an expert to demonstrate!</p>	Scouting Skills Activity Badge	
 <p>1 Learn the procedures to follow in managing a critical incident and apply it to a scenario that the Unit is familiar with.</p>	Skills & Development	
<p>2 Hold a parachute drop event and build a shelter to sleep in.</p>	Skills & Development	

## The County MARATHON

The County Marathon is a two-day self-sufficient team backpacking and overnight camping competition, open to Explorer Scouts, Scout Network, Leaders & Fellowship. Teams can be from 4 to 6 people. This year's event will be held between 23 - 25 September in the Peak District.

Go to [www.essexscouts.org.uk/marathon](http://www.essexscouts.org.uk/marathon) for more information.

# OCTOBER - TEAM

## CHALLENGE

## AWARD/ZONE



- 1 Try a Paralympics sport e.g. blind football etc.
- 2 Work in small teams to run stalls to raise funds for a charity of the Colony's choice.



- 1 Try a Paralympics sport
- 2 In Sixes create a new game and teach it to the Pack

Creative Challenge



- 1 In a team of no more than seven but no less than four you must undertake a journey of no more than 20km. (This can involve an overnight stay)
- 2 Try a Paralympic sport.

Expedition Challenge

Hiker Activity Badge



- 1 Organise and run an activity and invite other Units to attend.
- 2 As a Unit, take part in a team-building activity where Explorers work in small teams, e.g. a cooking competition, high ropes.

Values & Relationships Zone

Physical Recreation Zone



- 1 Try a Paralympic sport
- 2 Work in teams to raise funds for the Essex Scouts Young Carers event.

Community

## LONDON 2012 OLYMPIC AND PARALYMPIC GAMES

To get London 2012 Olympic and Paralympic Games resources to use with your Scouts, go to [getset.london2012.com](http://getset.london2012.com) and click on 'Resources'.

# NOVEMBER - ENTERPRISE

## CHALLENGE

## AWARD/ZONE



1 Decide on an experiment to carry out and try and work out what might happen.

Experiment Activity Badge

2 Investigate something of interest to find out how it works.

Outdoor Challenge



1 Work with your local Scout Troop to raise money for a charity of your choice.

Community Challenge



2 In Sixes design a new product, create a name, a logo and perform either a television or radio advert.

Entertainer Activity Badge



1 Organise a fundraising event for your Troop or District, ie, quiz night, race night, curry night.

Community Challenge

2 Run a 'Dragons Den' challenge with a local Explorer Scout Unit in your District as part of the Entrepreneur Challenge.

Entrepreneur Challenge



1 Create As part of a team, a business plan including financial projections, (income expenditure etc.) for a sustainable fundraising idea for your Explorer Scout Unit... (It can be off the wall, no idea is a silly one) but it must be achievable and there must be an end goal. (i.e. what we want the money for) as part of your plan you must say why it is important to your Unit you raise this money, and a little bit about why your group is different and should stand out to raise money for the activities next July.

Skills Zone and Entrepreneur Challenge

2 Run a 'Dragons Den' challenge with a local Scout Troop in your District as part of the Entrepreneur Challenge.



1 Take part in an entrepreneurial challenge with another Network Unit.

Skills & Development

2 Shadow for a week or find out about the role of a Commissioner within a District or the County.

Community

## GET CONNECTED TO SCOUTING

### How do you stay up-to-date on changes in Scouting?

Make sure that you have registered on [www.scouts.org.uk](http://www.scouts.org.uk) to update your personal information, sign up to Scouting Plus and Essex Plus emails, access Member resources and change your Scouting magazine preferences. All you need is an email address and your membership number, which can be found on your Appointment Card.

# DECEMBER - FAITH

## CHALLENGE

## AWARD/ZONE



- 1 Visit a place of worship and show evidence of your visit with photographs, drawings, handouts, leaflets or information sheets.
- 2 Think about Diwali the Hindu festival of light. Make a small oil lamp or some sweets.

Promise Challenge and Faith Activity Badge



- 1 Hold an activity around one or more of the 'festivals of light'
- 2 Make a prayer/thought tree out of handprints for your Pack noticeboard or similar.

Promise Challenge and World Faith Activity Badge



- 1 Take part in an activity on the 'festivals of light' theme with a local Cub Scout Pack.
- 2 Using current newspapers, identify articles which demonstrate both the Scout promise and law in action and the opposite to stimulate discussion within Patrols and the Troop.

World Faith Activity Badge

Promise Challenge



- 1 Arrange a visit to a local faith centre or place of worship such as a Church, Mosque, Temple, Synagogue to learn about their customs and beliefs.
- 2 Arrange for a faith leader from within the local community to visit the Unit.

Values & Relationships Zone



- 1 Visit a place of worship and show evidence of your visit with photographs, drawings, handouts, leaflets or information sheets.
- 2 Have a discussion/debate about what the Scout promise and Law means to you.

Community

Skills & Development

## SEASON'S GREETINGS FROM THE ESSEX SCOUTS COUNTY TEAM



# JANUARY - ECO

## CHALLENGE

## AWARD/ZONE



- 1 Learn about wildlife conservation.
- 2 Plant trees or flowers.

Global Challenge



- 1 Hold a boat making competition using natural or recycled materials.
- 2 Plant trees/plants/salad ingredients

Creative Challenge



- 1 As a Troop find out about an environmental issue that is important to your local community such as: recycling, energy efficiency in the home, water conservation, local conservation groups, water or air pollution. Take part in a visit or an activity that highlights and can improve your community's environmental issue.

Community Challenge

- 2 Take part in a conservation activity with a local Explorer Scout Unit at a campsite or country park.

Global Conservation Activity Badge

Environment Partnership Award



- 1 Take part in a conservation workday at your local campsite, nature reserve or woodland area.
- 2 Make and use an 'Ekwuk' conservation stove.

Community Service Zone

Skills Zone and Outdoor & Adventure Zone



- 1 Undertake a conservation project with an Explorer Scout Unit.
- 2 Undertake a recycling project.

Community



Why don't you try and get your activities into the local newspapers. The County Media Team offer up the following top tips for success...

### Getting Good Coverage In Local Newspapers

- 1 - Have a good story to tell about your activity.
- 2 - Get pictures that show young people taking part in activities, preferably outdoors.
- 3 - Supply the story with positive quotes from your young people.
- 4 - Use direct reporter contacts rather than generic email address for newspapers.
- 5 - Try and supply good stories frequently, they will eventually start putting them in.

**For further help email [media@essexscouts.org.uk](mailto:media@essexscouts.org.uk)**





# FEBRUARY - CREATIVE

## CHALLENGE

## AWARD/ZONE



1 Put on a Colony performance.

Creative Challenge

2 Make model of a beaver lodge.

Creative Activity  
Badge



1 In Sixes, design and make a bridge with a tower to support the weight of everyone in the Six.

2 Get your Sixers (and Seconders) to run Cubs for the night based on the Creative theme.

Promise Challenge  
Creative Challenge



1 Create a piece of Art using only recycled material about the London 2012 Olympic and Paralympic Games.

Creative Challenge  
Craft Activity  
Badge

2 Write and plan with your Troop an original sketch, film, stage routine, or campfire stunt and put on a production to parents of the above where the whole Troop is involved, not necessarily performing, but managing tickets, refreshments etc... (Use it as a fundraiser or an AGM alternative...)

Creative Challenge  
Entertainer Activity  
Badge



1 Put on a play, pantomime, variety show or music night for local Scout Groups and other Explorer Units to come along to.

Skills Zone  
Performing Arts  
Activity Badge

2 Make pancakes at your Unit night for Shrove Tuesday.

Values &  
Relationships Zone



1 Run a talent show

Skills &  
Development

2 Make a model of an international event campsite.

International

## OUR WORLD, OUR FUTURE

The Essex International Jamboree takes place at Boyton Cross near Chelmsford from 18 to 25 August 2012 – will you be there? [www.eij.org.uk](http://www.eij.org.uk)

Essex International  
**Jamboree**  
Our World, Our future 2012





# MARCH - CULTURE

## CHALLENGE

## AWARD/ZONE



1 Take part in a tradition from around the UK. This could be about preparing local food, folk dancing or singing songs.

Global Challenge

2 Learn a greeting in another language.



1 Make birds nests using natural materials in preparation for some Easter eggs.

Creative Challenge

2 Visit a theatre, museum or art gallery.

Local Knowledge  
Activity Badge



1 With your Troop complete a study of an aspect of local history, or a local family heritage. You need to fact find, take photos, etc.

Heritage Activity  
Badge

2 Go on a trip to a theatre, art gallery or museum

1 Arrange a cultural foods night at your Unit meeting. Divide into teams, each team to prepare a meal from a particular country and find out about the origin of the food and dish. Teams to share their food and information with the rest of the Unit and local Network.

Global Zone

Skills Zone



2 Arrange a music night with a difference.



1 Take part in a traditional activity from another country.

International

2 Complete the International Partnership award.



Scout School returns on 10 and 11 March at Moulsham High School, Chelmsford - choose to take part in a number of training modules suited to your needs.

The weekend will provide you with the opportunity get involved in all the standard adult training modules in a training session or with support from the training team.

[www.essexscouts.org.uk/scoutschool](http://www.essexscouts.org.uk/scoutschool)



# APRIL - SKILL

## CHALLENGE

## AWARD/ZONE



1 Learn and use two knots.

Outdoor Challenge

2 Learn eight points of the compass.



1 Learn six basic knots and make knot boards or knot woggles. Challenge older Cubs to make a knot board in a matchbox.

Outdoor Challenge

2 Use marshmallows/jelly babies or similar to learn the basic skills for pioneering. Make some models and then eat the sweets.



1 Construct a model aeroplane using the guidelines from alternative B of the model maker activity badge.

Creative Challenge  
Model Maker  
Activity Badge  
and Emergency  
Aid Staged Activity  
Badges

2 Obtain one of the Emergency Aid Staged Activity Badges.

1 Skill Swap Night. Each person in the Unit to teach a skill they have to other members of the Unit, ie, how to play chords on a guitar, how to dribble a football, how to draw Bart Simpson, etc.

Skills Zone



2 Make Easter cakes and decorate with mini eggs.



1 Undertake an adventurous activity, which is new to you.

Skills &  
Development

2 Take part in geocaching

## PARADES

### “thinking differently”

In the lead up to St. George's Day and as Scout Groups and Districts prepare to renew their promise, Wayne Bulpitt, UK Chief Commissioner shares his thoughts on parades:

*“For me, thinking differently in ways that provide young people with what they want and enjoy, and in way that can still include renewal of our promise and recognition of achievements, is so much more effective. I know some will say that parading in public shows us off, but really! Have you seen 8 out of 10 ‘Scout parades’? They are not exactly great shop windows for what we are about. Far better to show off our everyday adventure, publicised through local media to a far wider audience, than those (generally parents) who may turn out to watch a parade.”*

# MAY - CHALLENGE

CHALLENGE	AWARD/ZONE
 <p>1 Go on a journey using a new form of transport.</p> <p>2 Make and sail a model boat.</p>	<p>Explore Activity Badge</p> <p>Creative Activity Badge</p>
 <p>1 Play a new wide game.</p> <p>2 Complete a treasure/scavenger hunt around your local area.</p>	<p>Outdoor Challenge</p> <p>Navigator Activity Badge</p>
 <p>1 Spend the next month as a Troop preparing for a physical challenge, A swim, cycle ride, long hike etc... Document your training routine and then take the challenge.</p> <p>2 Arrange a 'restaurant night' for Scouts to invite a guest of their choice who isn't involved in Scouting to attend a three course sit down meal at your headquarters (transformed into a restaurant!).</p>	<p>Adventure Challenge</p> <p>Chef Activity Badge</p>
 <p>1 As a Unit, abseil off of all the climbing towers at our activity centres within Essex and record it with photos.</p> <p>2 Arrange a 'restaurant night' for eight special guests of your choice (dignitaries from the community, teachers) to attend a three course sit down meal at your headquarters (transformed into a restaurant!).</p>	<p>Outdoor &amp; Adventure Zone</p> <p>Community Service Zone and Values &amp; Relationships</p>
 <p>1 Go on a journey using a new form of transport.</p> <p>2 Attend and take part in the Essex Weekend, try out six activities.</p>	<p>Skills &amp; Development</p> <p>Skills &amp; Development</p>

**ESSEX WEEKEND**  
 A weekend for Adults in Essex  
 Skreens Park Activity Centre

Challenge yourselves as adults in Scouting by joining volunteers from across Essex for the Essex Weekend 2012, 18-20th May at Skreens Park Activity Centre. Come and try your hand at learning a new skill, have a go at one of the activities or just relax with friends and family.



# JUNE - RESIDENTIAL EXPERIENCES

## CHALLENGE

## AWARD/ZONE



- 1 Learn about packing a rucksack for a day visit.
- 2 Have a go at putting up a tent.
- 3 Take part in a Queen's Diamond Jubilee-themed camp/residential experience with at least two other Sections.

Outdoor Challenge



- 1 Take part in a Queen's Diamond Jubilee-themed camp/residential experience with at least two other Sections.
- 2 Hold a camp/sleepover in an unusual venue.

Outdoor Challenge



- 1 Go on an overnight expedition where you have to carry everything you need with you. Either by Bike, Or foot, or boat... And camp under canvas.
- 2 Take part in a Queen's Diamond Jubilee-themed camp/residential experience with at least two other Sections.

Expedition Challenge  
Hiker Activity Badge



- 1 Take part in a Queen's Diamond Jubilee-themed camp/residential experience with at least two other Sections.
- 2 Arrange an expedition or walking day or weekend for the Unit, which can be used as training towards Chief Scout or D of E Awards.

Outdoor & Adventure Zone  
Physical Recreation Zone



- 1 Hold a tea party to celebrate the Queen's Diamond Jubilee at a camp or overnight event.
- 2 Organise a residential experience for later in the year.

Community  
Skills & Development

## NIGHTS AWAY

Have you got a copy of Nights Away – the complete guide to running residential experiences in Scouting?

It provides everything you need to know to take young people on a residential experience safely and with confidence, it's a very useful guide for Leaders.

Go to [www.scouts.org.uk/nightsaway](http://www.scouts.org.uk/nightsaway) for all the latest information and rules for running residential experiences.





# JULY - WATER

## CHALLENGE

## AWARD/ZONE



1 Learn about the water safety code.

Safety Activity Badge

2 Learn about clean water, and water conservation.

Global Challenge



1 Make a tip-tap African hand washer.

Global Challenge

2 Learn about water safety, the signs and flags used near water and what to do in an emergency.

Global Challenge



1 Go canoeing, rafting or sailing with the Troop.

Survival Skills Activity Badge

2 Complete one of the following Activity Badges:  
Dragon boating  
Dinghy Sailors  
Or the Pioneer Activity Badge by constructing and sailing a raft.

Adventure Challenge

Dragon Boating,  
Dinghy Sailor or  
Pioneer Activity  
Badge



1 Over the summer months qualify for the BCU Paddlepower Passport.

Outdoor &  
Adventure Zone  
Skills Zone  
Physical

2 Undertake a water activity with Adventures Offshore, our water based District in Essex, or with another District.

Recreation Zone  
Paddle Sports or  
Water Activities  
Activity Badge



1 Complete a water related activity badge from either the Beaver, Cub, Scout or Explorer Scout section.

Skills &  
Development

2 Learn about clean water and water conservation issues.

International

## WATER CHECK THE RULES

Make sure you keep up to date with the rules around swimming and water activities. The swimming rules can be found on Factsheet FS120620 and the rules relating to water activities are found in Chapter 9 of POR – go to [www.scouts.org.uk/por](http://www.scouts.org.uk/por) to access these.



# AUGUST - ESSEX INTERNATIONAL JAMBOREE

## CHALLENGE

## AWARD/ZONE



- 1 Find out about an aeroplane and tell others in the Colony about it.
- 2 Talk to someone who has flown in a plane, helicopter, or hot air balloon and find out what it was like.

Air Activities Badge



- 1 Take your Pack to visit the Essex International Jamboree for the Open Day - Wednesday 22 August
- 2 Link up with a Cub Scout Pack outside of Essex and arrange pen pals for the Summer.

Global Challenge



- 1 Become a Troop pen pal with another Troop attending the Essex International Jamboree and try and complete a patrol or Troop activity with these...This can be done via internet, or swap programmes with them for one night, they devise a programme for you and you devise a programme for them. Or a joint activity day.

Global Challenge

- 2 Attend the Essex International Jamboree or an international-themed camp either as a camper or a day visitor.

Global Challenge



- 1 Attend the Essex International Jamboree.
- 2 Travel to the EIJ site by alternative forms of transport.

Outdoor & Adventure Zone  
Global Zone

Navigation Activity Badge

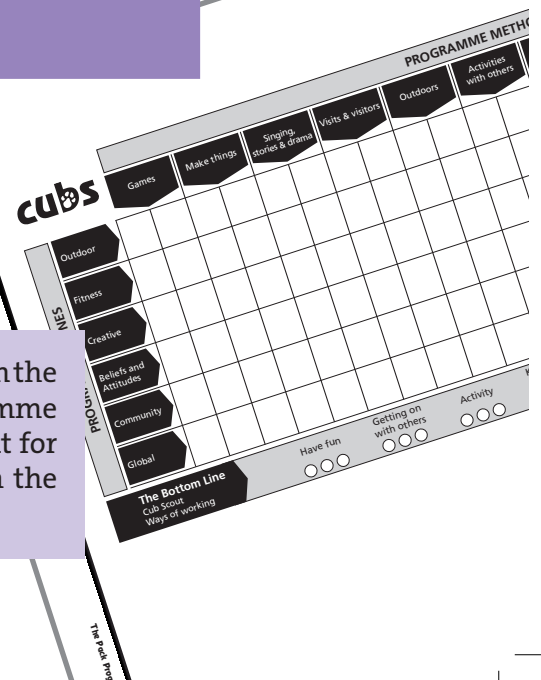


- 1 Volunteer on one of the Essex International Jamboree teams at one point over the three weeks.
- 2 Travel to the EIJ site (at any time) by alternative forms of transport.

Skills & Development and International

## BALANCED PROGRAMME REVIEW YOUR ACTIVITIES

Now that the school year is over, it's a great opportunity to reflect on the year gone by. As you look to next term, use the Balanced Programme checker to review your activities and identify any gaps to look at for the future. Go to [www.scouts.org.uk/supportresources](http://www.scouts.org.uk/supportresources), click on the relevant Scouting Section and look for 'Balanced Programme'





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