



# Getting out and about

## What you'll find out:

- About activities and adventures you can do outside of your usual unit meeting place.
- The kind of tools unit leadership teams use to plan trips out and about.
- What your role as a young leader involves when you're out and about with your unit.

Beyond the 4 walls of your unit meeting place, girls and volunteers can do so many exciting things! Camping expeditions, trips to theme parks, playing rounders in the park, or going on international adventures. There are loads of activities to choose from, so let's find out how you can bring adventure to your unit.

In guiding, there are 3 key parts to any adventure:

- 1 It should be something that isn't part of your normal day-to-day activities.
- 2 It should help you grow and push you outside of your comfort zone.
- 3 It should get you out and about, it doesn't have to be high adrenaline, but it should involve activities that challenge and excite you.

## Activities, activities, activities

Activities out of the unit can be grouped in lots of different ways. This is helpful as there are [different rules and processes](#) to follow depending on the type of activity you're doing.

Sometimes things fall into multiple groups. For example, you might go on an international trip, stay for more than 2 nights, and do adventurous activities. You should always follow the stricter rules and processes when an activity comes under multiple groups.



Guiding memories last a lifetime, so have a think about your own guiding life. You can find the different categories of adventures, and space to note your ideas, on the next page. Look at the activities and add in examples of your own trips, adventures and events you have been part of or heard about. Are there any that stand out? You can also make a note of any new adventures you'd like to do with your unit.



**Getting out and about during unit meeting time**

- A trip to the local woods
- Playing games in the park
- A walk to the chip shop

**Trips that last 1 day or less**

- Going to the zoo
- Visiting the seaside
- Watching a rugby match

**Adventurous activities**

- Abseiling at a local Guide campsite
- Climbing at a climbing centre
- Kayaking on the river

**Online events**

- An online campfire
- Meeting units in another country
- Online workshops



### Overnight stays



- Sleepovers in the unit hall
- A night at the aquarium
- Staying on a tall ship

### Residentials lasting 2 nights or more



- Holidays in the local guiding house
- Going to PGL
- Going to a county camp

### Large scale events (more than 100 participants)



- Going to a county World Thinking Day event
- A Girlguiding cinema screening
- Going on a Pride march

### International trips



- Visiting a WAGGGS World Centre
- Going to an international jamboree
- Going on a county trip abroad

### Struggling for ideas?

Why not check out your country or region website to see what's available where you live? Or have a look at the [adventure for girls finder](#) or [opportunities page](#) on our website.



### Planning activities

Half the fun's in the planning! As part of the unit leadership team, you can help plan all sorts of fun things out in the world. Sometimes planning takes just a few weeks for a short trip, or longer to plan for an international trip.

No matter what the activity outside the unit is, there are a few things that leaders should always do:

- Get consent from parents or carers (although some trips, like to your local woods during the normal meeting time, don't need this).
- Write a risk assessment.
- Let the commissioner know what the plans are.
- If the trip takes place outside the normal meeting times, organise a home contact. This is someone who isn't on the trip and helps contact parents and carers if there's an emergency.

### Leader in charge – the one who makes it happen

Don't worry – your unit leader or another adult in Girlguiding is the one in charge. But teamwork makes the dream work, and there are tons of ways you can take the lead.

Depending on the activity, the adult volunteers in your unit leadership team will need to take on different roles.

For example, a first aider, treasurer or caterer. Most of these roles need you to be 18 or have some specific training, but you can still think about how you'd like to be involved in the future.



### What can I do?

Have a look at the tasks below.

Decide which ones you could help with on a trip and which ones you think should only be for adults.

- 1 **Setting up and packing away equipment.**
- 2 **Being contacted by parents about the trip.**
- 3 **Running a game or activity.**
- 4 **Looking after the first aid kit and medicines.**
- 5 **Going to the shop for something you've forgotten.**
- 6 **Calling parents if you're going to be back late.**
- 7 **Supervising girls tidying up.**
- 8 **Organising the home contact and sending their information to parents.**
- 9 **Reading the risk assessment to understand how to stay safe.**
- 10 **Collecting payments for the trip.**
- 11 **Helping girls to stay with the group when out and about.**
- 12 **Being responsible for girls using the oven in the kitchen.**
- 13 **Fundraising for the trip by running a stall at a local craft market.**

Answer: all the responsibilities with odd numbers are things anyone can do and the ones with even numbers are just for the adults.

Let's hear from Frankie, a young leader who took her Brownie unit to the woods near her unit meeting place:

'The leader in charge asked for input and ideas for activities. The other leaders loved my idea of using cardboard frames to make nature artwork. So, I was asked to organise the supplies and set up my craft. As well as working with the girls to create their natural masterpieces! Each of the leaders had a station in which the Brownies could move between. The whole meeting was so fun, the girls loved it and it has given me so much more confidence.'



### Lead away permit

Did you know that young leaders can also run residential in Girlguiding? You can take between 4 and 8 Rangers or young leaders (including yourself) away for a residential experience for 2 nights or more. To do this, you work towards the [lead away permit](#) which is all about giving you the skills and knowledge to head off on your own adventure.



### Well done!

**You've discovered all about getting your unit out and about. It's time to think about how you can bring adventures to other girls' lives!**