



ROVER SCOUTS



my Journey



myJourney

BASED ON THE THEME:

“Never sit down
with a tear or a frown
But paddle your own canoe.”

Baden-Powell, Rovering to Success

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THE FINAL STAGE OF YOUR JOURNEY

The Rover Scout section is the final stage in the Youth programme. This brings together the overall experience from the Beaver to the Venture Sections. Coming from the Venture Unit you have the experience of a wide variety of skills and adventures. If you are new to Rovering, you will now be able to work together as part of a crew to get yourself prepared for life.

If you are already a Woodbadge holder, because you completed your leadership training, or almost finalised your training, you can continue this journey as part of your self-development and to strengthen the physical, emotional and self-wellbeing.

Being a qualified leader, the Rover Programme will still give you the ability to continue exploring yourself and your future. This programme enhances all one's abilities, skills and will help you more to get to know yourself. Alternatively if Woodbadge training has not yet been initiated or completed, myJourney can be done along with the leadership training concurrently.

A CANOE JOURNEY – A SYMBOLIC FRAMEWORK TO ROVERING

Many of us spend each day of our life searching for, or seeking the simple life answers to this question:

'IT'S A WONDERFUL LIFE; IS NOT SIMPLY A MOVIE'.

For all its ups and downs and good and bad days, life truly is a wonderful journey. It is more about the trip than where it inevitably takes you. Along the way however there are "direction aids" that make the meaning of life a far more beneficial, spectacular, creative and pleasant journey. Don't spend a half life learning what the phrase **'It's my life'** really means. Bring life and its meaning into your heart, mind and soul. The mistake most people make about finding the meaning of life is searching for the answer instead of living it.



Life is like a canoe voyage and the only true Success is Happiness.

According to Baden-Powell there are two steps to Happiness:

1. **Taking life as a game and;**
2. **Giving out Love.**

Happiness is not mere pleasure or the outcome of wealth. It is the result of active work rather than passive enjoyment of pleasure. Your success depends on your own individual effort in the voyage of life, and the avoidance of certain dangerous Rocks. Self-education, in continuation of what you have learned at school, is necessary. Go forward with confidence.

PADDLE YOUR OWN CANOE!

While much of what BP has written is set in the context of earlier days much of what he says has direct value to youth today.

"NEVER SIT DOWN WITH A TEAR OR A FROWN BUT PADDLE YOUR OWN CANOE."

This was meant as giving guidance to going through life – and very good too.

“In my picture of you, you are paddling your canoe, not rowing a boat.

The difference is that in the one you are looking ahead and sending yourself along all the time, while in the other you are not looking the way you are going but trusting to the steering of others, and consequently you may bump into snags before you know where you are.

Lots of fellows try to row through life in that way. Lots more prefer to sail passively and to be carried along by the wind of luck or the current of chance; it is easier than rowing and quite as fatal.

Give me the fellow who looks ahead and actively paddles his own canoe – i.e. shapes his own course.

Paddle your own canoe; don't rely upon other people to row your boat. You are starting out on an adventurous voyage from the stream of childhood, along the river of adolescence, out across the ocean of manhood to the port you want to reach.

You will meet with difficulties and dangers, shoals and storms on the way. But without adventure life would be deadly dull. With careful piloting, above-board sailing, and cheery persistence, there is no reason why your voyage should not be a complete success, no matter how small the stream in which you make your start. ”

Baden-Powell

Paddle Your Own Canoe... How to Become a Rover Scout

In Rover Scouts, it is essential to plan your own journey, see what the world has to offer. Along the way you will encounter "rocks" which will teach you different lessons. Through Rovering, we hope that you may not only get round them, but also take advantage and make your way to success.

These 'Rocks' will be later on referred in your journey.



**Start
reading
'Rovering to
Success' by
Robert Baden
Powell**



BECOMING A ROVER

Any person between the ages of 18 and 26, who is willing to accept the Scout Promise and Law and who will comply with the Aim and Principles of the Scout Movement, may become a Rover. Previous membership of either the Scout or Guide Association is not a prerequisite.

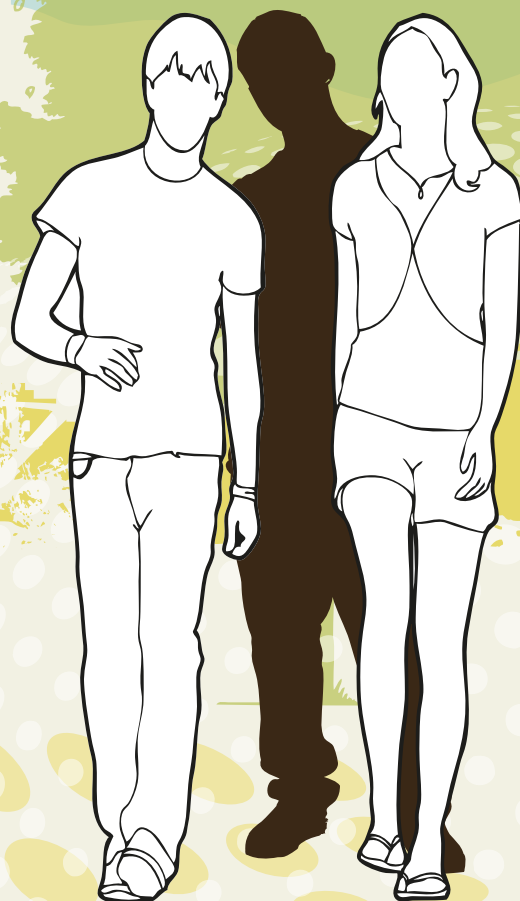
The Scout Promise is the common bond of unity for all members of the Scout worldwide Movement and it is accepted on a voluntary basis. The Promise is a fundamental expression of worth and value and in this respect it is a personal commitment of the individual.

"On My Honour" is the personal expression given by the Rover to uphold and maintain the principles implied by the Promise, in a manner that is developed on the basis of trust. Baden-Powell believed that one of the finest possible relationships that could exist between an adult Scout and a youth member was trust. This belief still holds true today.

Rovers also undergo an initial training period. The **myInduction** is specifically designed to assist Rovers in their initial quest.

A Rover new to Scouting must meet the above requirements to be able to officially hold an investiture into the Scout Movement to take place.

A Rover Mentor, who will be an experienced member of the Crew, will take responsibility for the introductory period in the Crew. A Rover Mentor will provide any instruction and the Rover Crew Coordinator (RCC) will approve the completion of the membership requirements.



MY JOURNEY AND THE CREW PROGRAMME

The inclusion of **myJourney** in the Crew Programme should not be limited to those parts which are needed to complete this journey. Try to arrange a Crew Programme so that each activity area is included in the Programme during the year. Use **myJourney** as part of the Programme buzz sessions to give a wider range and balance of activities.

In most cases, the parts of **myJourney** which tend to be put off until almost the last minute are the visits and discussions involving larger groups of Rovers. Most people can get three or four friends together to complete an expedition for the **myPhysical**, but organising a large number of people to participate in visits or group discussions can take much longer and necessitates greater planning.



PERSONAL PROGRESSION

The Rover Scouts will choose projects to complete the Journey. This will enable them to achieve the Learning Objectives of **myJourney**. They may also plan sub-projects or challenges to achieve these.

In the Rover Section it is suggested that this takes the form of a Personal Plan. Shortly after the Rover Scout joins the Rover Scout Section together, with his/her Rover Mentor, will spend some time developing a 'Personal Plan' which will encompass all of their Personal Challenges which will help them to achieve their Learning Objectives. Each stage for the Rover Scout will involve him/her reviewing and revising their individual 'Personal Plan'.

The Rovers Scouts's Personal Plan will lead progressively towards preparation of a Personal Life Plan which will coincide with **myDeparture**. Because their purpose is the achievement of the Final Objectives, the personal plan should take in consideration not only the life in the Rover Scout community but all aspects of Scout's life.

After achieving each project, these will be recorded in the Rover Scout's Folder.



ROVER RECORD FOLDER

The Rover Record Folder is a personal record of achievement and keeps the projects gained during The Journey. It also keeps a record of other badges gained during this period.

The Rover Record Folder should not be the only record of a Rover's achievements. It is a good idea for a second copy of all records to be kept by the Rover. It is important that both Rovers and Rover Crew Coordinators ensure that the Crew records are kept up to date.

It's all up to the Rover. These projects are the Rover's own personal choice.

MY JOURNEY

myJourney aims to widen the interests and knowledge of Rovers. Its rationale is based on the Aim and Scout Method, providing fun, friendship, variety, and personal choice through a planned, balanced Programme. It is intended to be a challenge and, like all challenges, it will have some parts that the Rover may not really want to do at the time, but will be glad to have experienced on looking back. It is a system for encouraging people to participate in a wide range of activities.



myJourney consists of:

- **myInduction**
- **mySocial**
- **myPhysical**
- **myInner Balance**
- **myFuture**
- **myDeparture**

Before commencing the journey, it is suggested to plot your path in a Personal Plan, together with your Rover Mentor, and setting goals and timelines toward completing the specific requirements to achieve the badges in myJourney.



“ The whole thing – the early voyage through the easy running stream, and then coming out on the broad lake, the arising of difficulties the succession of waves and rock only avoided by careful piloting, the triumph of overcoming the dangers, the successful sliding into a sheltered landing-place, the happy camp-fire and the sleep of tired men at night – is just what a man goes through in life; but too often he get swamped among the difficulties or temptations on the rough waters, mainly because he has not been warned what to expect and how to deal with them.

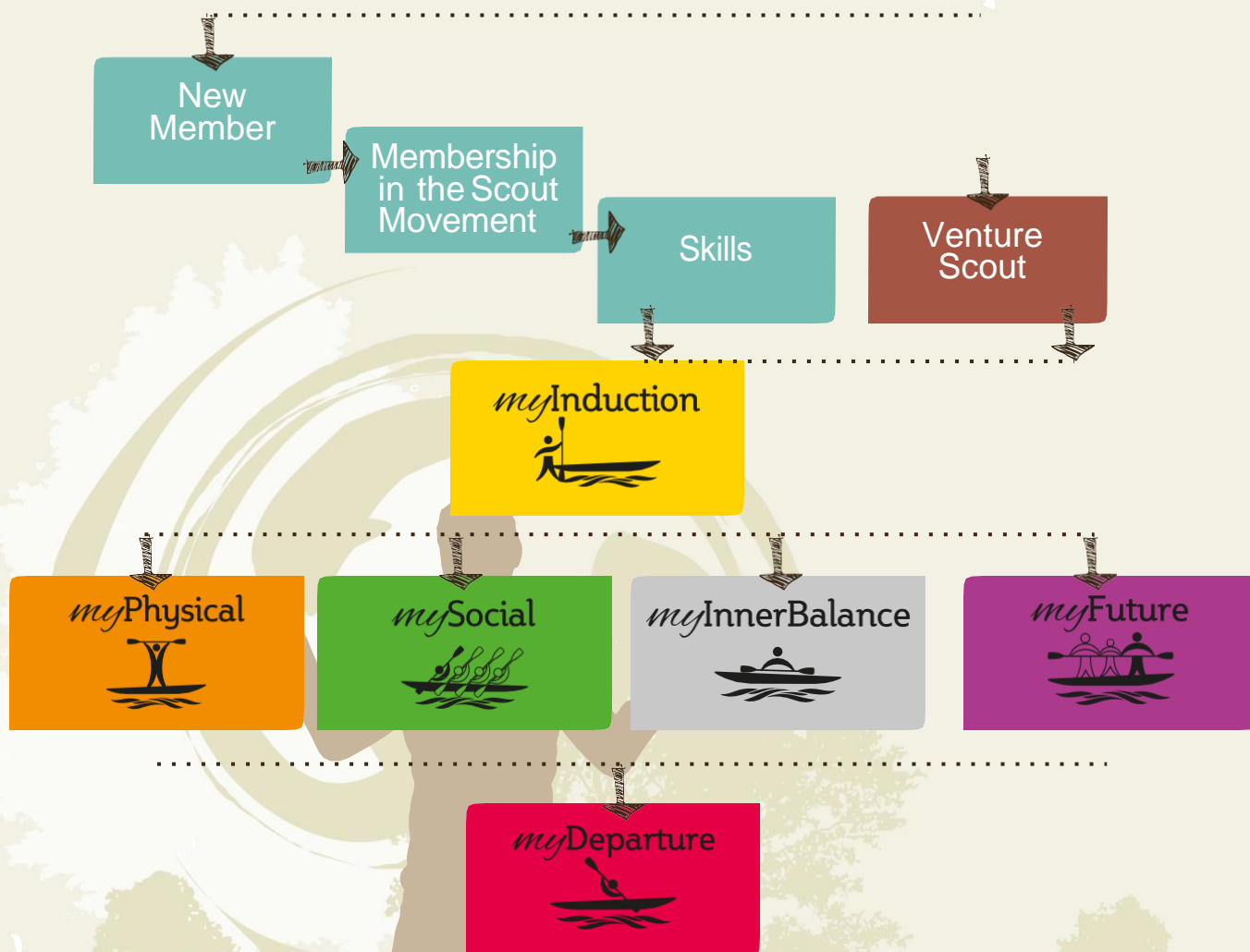
I have quoted a few of Stewart White's practical hints from his experience in paddling through sea-ways: I want in the following pages to offer you similar piloting hints from my own experience of dealing with the different snags and waves that you are likely to meet with in paddling through your life-ways.

Among these rocks and breakers are those that can be labelled in the terms of the old toast, “Horses, Wine and Women,” with the addition of Cuckoos and Cant. You are bound to come across most of them in your time. In the following chapters I propose to show you there are good as well as dangerous points about these rocks, and also how by ‘rovering’ you may not only get round them, but also derive advantage and make your way to success. ”

Rovering to Success, A Guide for Young Manhood
By Lord Baden-Powell

myJourney

Joining the rover Crew



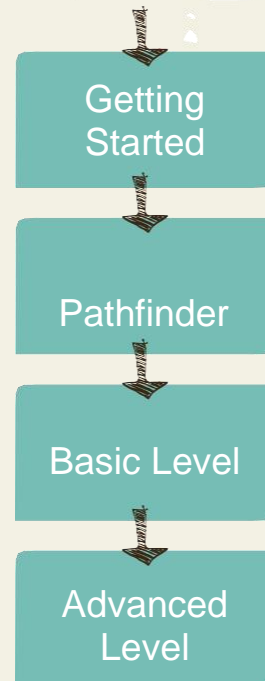
After **myInduction** is completed, **myPhysical**, **mySocial**, **myInnerBalance** and **myFuture** will follow. The paths are **not in sequential order** and can be attempted **one by one or simultaneously at ones pace throughout the whole programme**. There is no order in which to follow as these four paths are part of your life experience, self-development, and growth.

optional awards

1 Other Badges



2 The Woodbadge Course



Start
Your
Journey





ROVER
SCOUTS
PROGRAMME

*my*Induction



*my*Induction

BASED ON THE THEME:

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But paddle your own canoe.”

Baden-Powell, Rovering to Success

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RECRUITING ROVERS FROM OUTSIDE

In order to persuade potential members from outside the Scouting Movement to join the Rover crew, you will have to convince not only the prospective member that Rovering is a good idea – you will also have to show the community at large.

There will always be people who will knock Scouting, but in general people do not know the game of Rovering and the activities in which they can become involved. The best answer to those who knock the program is to ensure that members of the crew have access to photos and information showing the active side of Rovering.

Tell everyone about the good things in Rovering and invite anyone who is interested to visit the crew – but not on one of those boring nights that each crew has on occasion. Make sure the visitor is made welcome and knows what is happening and what the crew is planning for future activities.



To be invested as a Scout, the prospective members shall satisfy the following membership Qualifications:

- **Know, and be prepared to accept, the Scout Promise and Law. (Guidelines for Rovering)**
- **Participate in a least four Crew activities or meetings (at least one of which shall be outdoors)**
- **A sound knowledge of suitable Campcraft Skills**
- **Be accepted by the Crew**



ON THE ROAD TO HEALTH AND HAPPINESS – CAMPCRAFT SKILLS

“ There is no pleasure that comes near to that of preparing your own meal over your fire of wood embers at the end of the day, and no scent like the smell of that fire.

There is no view like that from your lair on the woodland hill-side. And there is no sleep like that in the open with a warm blanket or a good thickness of paper beneath you. The sound of the night and the companionship of the beasts and the birds make you feel a comrade of them all in the Brotherhood of Nature.

Rain? Cold? Yes, I suppose they come, but you really get to disregard them when you are in the regular swing and habit of week-end camping. ”

Baden-Powell



SUITABLE CAMPCRAFT SKILLS

This is a guide as to what constitutes suitable campcraft skills to prospective Rovers and Venture Scouts to enable full participation in all Rover activities.

Prior to participation in, and completion of, your camping/outdoor requirements you should be able to demonstrate the following to the appropriate person, e.g. expedition leader, camp organiser or mentor.

1. **The correct equipment to be taken and how it should be packed, including clothing, footwear, sleeping gear, food and water containers and wet and dry weather gear.**
2. **How to pitch and strike a tent and fly. Explain factors in choosing a tent site, and the correct care of a tent, fly, poles and pegs during the journey and on return home.**
3. **The planning of a menu, including quantities for the activity, to achieve a well balanced, light weight meal.**
4. **Knowledge of fire precautions and restrictions and the correct way to extinguish a fire. Show how to light a fire in adverse conditions. Cook a well-balanced meal suitable for camping conditions using an appropriate stove for lightweight cooking. Show the correct method of rubbish disposal.**
5. **How to read a map and orient it both by compass and visible features.**
6. **First Aid (to be completed before the camping/outdoor activity)**
 - a. Be able to explain the principles of casualty treatment.
 - b. Demonstrate the following:
 - iii. treatment of hypothermia and hyperthermia
 - iv. treatment of major bleeding injury
 - v. Cardio Pulmonary Resuscitation (C.P.R) & Expired Air Resuscitation (E.A.R)



It's time to move on to the second phase of myInduction. Together with your Rover Mentor discuss the requirements listed on the next page under 'Venture Scout Link to Rovers'.





VENTURE SCOUT LINK TO ROVERS

The transition from Venture Scout to Rover is assisted by the appointment of an experienced Rover (Rover Mentor) who provides individual support to the new member. This support should not be limited to the initial few weeks in the Section, but should continue into *myInduction*.

It is important to recognise that the age for progression for the Venture Scout may be at any time **after** their 18th birthday.



- **Participate in four Rover meetings/activities (at least one of which must be outdoors).**
- **During talks with the Rover Crew, show an understanding of the roles of the Rover Crew Coordinator (RCC), Crew Executive and the Rover Mentor**
- **Participate in a service activity/community Project with your Crew.**
- **Demonstrate an understanding of and be prepared to accept the Scout Promise and Scout Law from an adult point of view.**
- **Give a talk to the Crew on a chapter of your choosing from *Rovering to Success*, explaining its relevance to Rovers and today's lifestyle.**
- **Demonstrate a willingness to be an active member of the Crew.**
- **Read a copy of the POR – Rovers Section.**



SCOUTING SKILLS

- **Visit, and be familiar with the operation of a Beaver Colony, Cub Scout Pack, Scout Troop or Venture Scout Unit.**
- **Camp out for at least two nights, demonstrating suitable camp craft skills. The correct equipment is to be taken and packed accordingly, including clothing, footwear, sleeping gear, food and water containers, and wet and dry weather gear.**
- **Be able to explain the *myJourney* paths.**

Submit
a small report
with photos and
information of your
experience and self-
development





THE INVESTITURE

MARK THE OCCASION

The Investiture Ceremony should be a simple ceremony were a Rover shall formally be accepted to form part of the crew. It may be held anywhere, e.g. on a hike or camp, or again the Crew may have a traditional site it always uses.

It is the most significant ceremony a Rover may take part in. It is a dignified and significant occasion and should be carried out with respect and sincerity. At some point during the Investiture Ceremony the new Rover confirms or re-affirms the Scout Promise and accepts the responsibilities and obligations of a Rover prescribed by the Crew. With the investiture he or she becomes a full member of the Crew. For new members that joined the Crew from outside, this is the time to be invested as Scouts and become part of the Scout Movement.

Each Crew will have their own specific ceremony incorporating a number of symbolic gestures of commitment to the Rovering way of life. The new Rover should discuss the ceremony with their Rover Mentor before undertaking it, to ensure they understand the significance of the ceremony and the process their Crew would normally follow.



My Training

During the completion of myInduction, the Programme can act as a guide to the Rovers to navigate and prepare themselves for adult leadership. Thus, one can do the Getting Started course concurrently whilst completing the My Induction Criteria.

The Rover completing both My Induction as well as the Getting Started course is eligible to be exempted from certain Getting Started measures.

1. Once a Rover applies for the Getting Started, one should indicate in the registration application form that he is a Rover.
2. One must be at least 5 years in active scouting and with a GSL endorsement.
3. The rovers doing both My Induction and the Getting Started Course would only need to do the introductory meeting and three of the six e-learning modules which are:
 - i. Adults in Scouting,
 - ii. The Fundamentals of Scouting,
 - iii. Aims, Principles and Mission.
4. Present a detailed report with photos covering all the My Induction criteria as per details above.
5. Fill in the Leadership record sheet with the 20 activities and all the other documents needed to complete the Getting Started requested by the Adult Resource and Training Team (Police Conduct, Code of Conduct, References, etc)

Thus, the criteria of both My Induction and the GS course would not be duplicated but laterally intertwined. Also, Woodbadgers can go immediately to the rest of the paths and are exempted from the myInduction.

SKILLS Courses also can be attended to as part of the programme.

Next Journey:
myPhysical/
myInnerBalance/
mySocial/
myFuture



myNotes

[illegible]



ROVER
SCOUTS
PROGRAMME

*my*Social



rocks

Cuckoos

journey

It is imperative that young men and women are socially as well as professionally well integrated. Such integration also promotes young people's personal fulfillment, social cohesion and active citizenship. However, young people still face challenges in terms of employment, education and training, poverty, health, and participation and democratic representation.

mySocial

BASED ON THE THEME:

“Never sit down
with a tear or a frown
But paddle your own canoe.”

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ROCK – CUCKOOS

Have you ever watched a cuckoo at her job? When she wants to lay an egg she doesn't go to the trouble of making a nest, she goes about looking for some other birds' nest, preferably that of the harmless little meadow pipit. When she finds one she goes into it, regardless of any protests on the part of the owner, and she takes up one of the pipit's eggs in her beak and drops her own egg in its place.

Then she flies off to a neighboring tree and eats the egg that she has stolen. The pipit on her part meekly accepts this dictation and does all the work of hatching out the cuckoo's egg among her own. The result is a big ugly nestling which even before its eyes are open at once begins to bully its nest mates and finally heaves them out one by one till it has the nest to itself and the full service of the parent pipits for its feeding, etc.

We all know the insistent voice with which the cuckoo goes about proclaiming himself above all other birds. But it is not only in bird life that all this happens; we have human cuckoos, too.

Baden-Powell

THE HUMAN CUCKOO

The human cuckoo is generally a superior sort of person who sees his own side of a question but nobody else's. He is the self-interested man who wants only his own way in the world; he makes use of the work of other humbler folk for his own benefit, or he pushes others out who may be in the way of his getting the things he wants. You find the human cuckoo in various forms such as cranks, political tub-thumpers, intellectual highbrows, and social snobs, and other extremists.



There are two dangers about these cuckoos.

- 1. One is that you may be sucked in to follow their lead.**
- 2. The other is that you may become one yourself.**

SOCIAL & ECONOMIC INTEGRATION

Specific initiatives targeting young people and mainstreaming initiatives to incorporate youth issues into other policy areas are developed and promoted. This is a way on how to address the "cuckoo" effect.



The following fields of action in which cross-sectoral initiatives to support young people should be considered in your Project:

- **education and training;**
- **employment and entrepreneurship;**
- **participation;**
- **voluntary activities;**
- **social inclusion;**
- **youth and the world;**
- **creativity and culture.**



OPTIONAL BADGES

The following badges are not part of the myJourney but can still be earned and worn as part of the uniform.

More information about these Badges can be found in the Rover Section through the Scoutkeeper system and in the myAwards booklet.

**To
Next
Level**



As a Rover you are the back bone of our nation. You can change the future of society with your well-being and courageous behavior. Unfortunately today we find youths that are more interested in other places which are not useful to them. They choose to spend their days lazing about or in front of computers, they spend their nights partying and living it up. They have no vision and if they do have dreams they do not have the drive to make any attempt at achieving them.

At Rover age, you have a choice, you can allow yourselves to stay your course and do nothing or you can rise above what the cynics around you expect and go get educated or get jobs. Show the older generation they are wrong about you. Let them know you have intelligence and skills. Show yourself what you are made of. You might be surprised at how proud of yourself you become with even the smallest of accomplishments. Nothing can happen if you do not try bad or good. You will not become a role model youth overnight either way but at least if you make an effort, then you have begun your journey to your dreams. Journey that include, involving yourself in lifelong education, travelling abroad and educate yourself with other cultures, you learn how to express yourself, how to listen other opinions, how to participate in discussions on a national level within your community but above all a journey that can widen your mind and opinions. Just remember:

DON'T BE CONTENT WITH THE WHAT - BUT GET TO KNOW THE WHY AND THE HOW.



SUGGESTED REQUIREMENTS

- **mySocial** can be further enhanced by utilizing our motto 'Service'. Giving back to the community (town or village) Empowering social activities;
- To Include current scenarios such as being part of the committee or leader (fundraising volunteering duties);
- Identify an individual or group of people outside your group who can be of service to Eg: Inmates, Orphans, Single parents, Addicts undergoing rehab, children with learning difficulties etc.;
- Take a holistic (more social) approach to voluntary work. Take an active interest in the person's background, life-style, needs and what you can do to improve them;
- Our definition of **mySocial** should be based on: getting to know your crew, teambuilding;
- Activity to get people interacting in team building: eg. Camps, Hike, Games at the beach;
- Ice breaking games: eg. for new members during the **myInduction**;
- Intersectional activities with other sections;
- Communication – Verbal & Non Verbal;
- Leadership skills;
- Sign Language, learn and teach;
- Organise camps & Expedition, adventure with scouts from other countries;
- Organise Youth Exchange programmes;
- Use of Social Media communication channel;
- Be part on a TV Programme or Radio Programme, promoting Scouts;
- Folklore/Cultural Activities.

Submit
a small report
with photos and
information of your
experience and self-
development





ROVER
SCOUTS
PROGRAMME

*my*Physical



rocks

Wine

journey

Pushing yourself, reaching
the limits of what you
can achieve. Learn
about your abilities and
your development.

myPhysical

BASED ON THE THEME:

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ROCK – WINE

“ So you see that this rock labeled ‘Wine’ that crops up in your fairway is really that of self-indulgence. By that I mean letting your inclination run away with you, whether it be in over-drinking, over-smoking, over-eating, or any other form of luxury. Self-indulgence may spell ruin to the individual and harm to the community. It is largely the result of drifting with the herd around you, with your back to the danger. But by looking ahead and paddling your own canoe arming yourself with self-control you can navigate safely round to the sunny side of the rock, thereby acquiring strengthened character that will make you secure against other temptations to weakness. And so it will help you on your way to success. ”

Baden-Powell



Outdoor activities and life in nature are important elements of the Scout Method. Young adults, who are often involved in many activities, have some difficulties in managing their time and maintaining a good balance in life. Activities in nature - facing natural elements in the wilderness – are essential in order to help them maintain a natural balance and train their bodies to be prepared for any circumstances.

Rover Scouts should develop and retain a taste for the wilderness: hikes, canoeing, sailing etc. Also these activities should give them understanding of, and a concern for protecting the environment and wildlife without wasting resources.

Rover Scouts should regularly undertake long expeditions in the wilderness, in order to face natural elements, challenging their own limitations while managing risks properly, understand the importance of the natural environment, learn from people living in nature, develop their own ability for working in a team and increase their resourcefulness

**PUSHING YOURSELF, REACHING THE LIMITS
OF WHAT YOU CAN ACHIEVE. LEARN ABOUT
YOUR ABILITIES AND YOUR DEVELOPMENT.**



If you want to rest your body, read a good book; if you want to rest your mind, play football or go fishing.

Discuss the effect of the below on one's body and mind. What are your plans to quit bad habits and strengthen good ones?

- **Smoking**
- **Over-feeding**
- **Over-sleeping**
- **Over-strength in Language**
- **Over working**
- **Places of amusements**
- **Self Control – Physical Fitness**
- **Self Discipline**
- **Self Cure**
- **Loyalty**
- **Truthfulness**
- **Shame**



For children and young people, physical activity includes play, games, sports, transportation, chores, recreation, physical education, or planned exercise, in the context of family, school, and community activities.



Appropriate practice of physical activity assists young people to:

- **develop healthy musculoskeletal tissues (i.e. bones, muscles and joints);**
- **develop a healthy cardiovascular system (i.e. heart and lungs);**
- **develop neuromuscular awareness (i.e. coordination and movement control);**
- **Maintain a healthy body weight.**

Physical activity has also been associated with psychological benefits in young people by improving their control over symptoms of anxiety and depression. Similarly, participation in physical activity can assist in the social development of young people by providing opportunities for self-expression, building self-confidence, social interaction and integration. It has also been suggested that physically active young people more readily adopt other healthy behaviours (e.g. avoidance of tobacco, alcohol and drug use) and demonstrate higher academic performance at school.

Some young people engage in risky behaviours that affect their health and therefore the majority of health problems are psychosocial. Many young people experience multiple problems. These behaviours are established as a young person and go on to become the lifestyles of adults leading to chronic health problems. Social, cultural and environmental factors are all important.

Young people have specific health problems and developmental needs that differ from those of children or adults: The causes of ill-health in adolescents are mostly psychosocial rather biological. Young people often engage in health risk behaviors that reflect the processes of adolescent development: experimentation and exploration, including using drugs and alcohol, sexual behavior, and other risk taking that affect their physical and mental health.



The leading health related problems (Rocks) in the Youth age are:

- **Accidents and injuries both unintentional and self-injury**
- **Mental health problems including depression and suicide**
- **Behavioural problems including substance abuse**
- **Sexual health / Infectious diseases**
- **Nutrition and physical activity**
- **Chronic illness**
- **Physical and Sexual Assault**
- **Youth homelessness**



AIM: CHALLENGE YOURSELF AND BE FIT



SUGGESTED REQUIREMENTS

- Produce a healthy promotion campaign
- Life Saving (sea)
- Basic life support
- Fire Fighting
- Abselling Course
- First aid
- Food Handling
- Healthy Aging
- Mental Health Awareness
- Sexual Health
- Parental Education
- Explanation of the BMI
- Meditation Yoga
- Stress Management
- The setting up of a proper assault court
- Lumbering up sessions for other section
- Scuba Diving
- Provide the opportunity to do sports that are not easily available, such as windsurfing, rock climbing and skydiving
- Expedition or Journey that can be interlined with the PAS, Dolphin Award or any other Award Scheme
- Attend Agora/Roverway/Moot
- Survival Camp – Bivouac building... back to basics
- Kayak Expedition around the Maltese Islands
- Triathlon Expedition
- Geocaching
- Nutrition Session
- Menu of a Camp should be based on a balance diet
- Start a new sport
- Set a target of your body weight (achieve it in 1 year)
- Half Marathon
- Sports day for your Group
- Learn & develop a useful trade



OPTIONAL BADGES

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Submit
a small report
with photos and
information of your
experience and self-
development

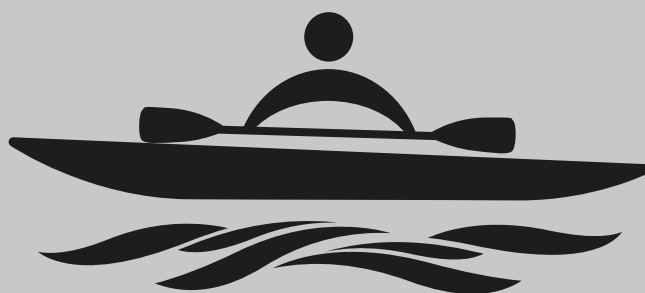
To
Next
Level





ROVER
SCOUTS
PROGRAMME

*my*InnerBalance



rocks

Irreligion

journey

Developing your
understanding of a
spiritual reality and
respecting the spiritual
beliefs of others.

Based on
the Promise & Law how
does it reflect in my life.

*my*InnerBalance

BASED ON THE THEME:

“Never sit down
with a tear or a frown
But paddle your own canoe.”

Baden-Powell, Rovering to Success

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ROCK – IRRELIGION

“ If you are really out to make your way to success – i.e. happiness – you must not only avoid being sucked in by irreligious humbugs, but you must have a spiritual basis to your life. This is not a mere matter of going to church, of knowing Bible history, or understanding theology. Many men and women are sincerely spiritual almost without knowing it and without having studied it. ”

Baden-Powell



Spirituality very briefly stated means:

- **Firstly: recognising who and what is God**
- **Secondly: making the best of the life that He has given, and doing what He wants of us. This is mainly doing something for other people.**

SPIRITUAL & INTERCULTURAL EXPERIENCE

This area provides an opportunity for the Rover to find out a great deal about themselves through various avenues including their own lifestyle and personal value system.



NATURE AND ITS BEAUTY

Many fellows never get to realise the beauty of Nature because they seldom see it. Their eyes are more trained to looking at shops, advertisements and other people. But with those who have lived with Nature, and have come to recognise its beauties, they can, when they come to town catch glimpse of it even in the dingy streets

Apart from the woods or fields, you need not go farther than your own self for a beginning in Nature study. What did you come from? A tiny seed no bigger than a pin's point, yet giving you a body formed of flesh and bone and sinew with a likeness to your own father or mother, strong and able to obey whatever the mind tells it to do.



THE ANIMAL WORLD

Many creatures will sacrifice their lives to protect their young as pluckily as any soldier fighting for his home and country. You may have owned a dog who would defend you and your possessions with his life, if need be, for no reward but because he loved you.



THE SOUL

As a man you have this pull over the animal – you can recognise and appreciate both the wonder and the beauties of Nature. You can enjoy the golden glory of sunset, the beauty of the flowers and trees, the majesty of the mountains, the moonlight and the distant views.

But there is bound to come in the thought that something more is expected of you than is expected of rooted trees, or animals who have limited powers, something more than merely enjoying the sunshine as they do.





CONSCIENCE

Dogs delight to bark and bite, it is their nature to, but they cannot rise to being large-minded, charitable, helpful and kind. Men can do this when they really mean business. That is where a man attains his proper footing, namely, when he exercises the Divine Love that is in him in service for others.



LOVE

Service is giving up your own pleasures or convenience to lend a hand to other who needs it. Well, if you practise service to others day by day in the little things as well as big, you will find yourself developing the park of Love within you till it grows so strong that it carries you joyously over all the little difficulties and worries of life: you rise above them; you are filled with good will towards mankind; and Conscience, the voice within you, says "WELL done!"

Irreligion may be defined as the absence of religion, an indifference towards religion, a rejection of religion, or hostility towards religion.

Inner balance is of great importance in everyone's life. It is highly valued by most people, though really few possess them. Yet, everyone can develop them, some more some less.

What does inner balance mean? It means the presence of self control and discipline and the ability not to let outside events influence our emotions, actions and reactions. Their presence means the possession of common sense and good judgment, and of not letting the outside world shake our inner world.

Lack of inner balance causes fluctuations of the emotions, lack of decisiveness and wasting time on unnecessary thoughts, emotions and actions.

Developing inner strength and the ability to make the mind quiet, through concentration exercises, meditation, detachment, visualization or affirmations, will take you a long way toward attaining and maintaining inner balance and peace.



AIM: TO FIND ONESELF IN OTHERS



SUGGESTED REQUIREMENTS

- Religion – learn about different religions by talks, discussions and experiences/active learning.
- Nature – activity on conservation (Tree 4 U).
- Animal world.
- Love – Voluntary work in Malta/Abroad.
- Organise an activity (based on scouting) for an Institution.
- Bring a spiritual representative (e.g. Buddhism) to promote spirituality.
- Participate in a marathon aimed for a good cause.
- Understand the concept that Spirituality is not dependent on a Religion.
- Reflective Practice diary.
- SWOT Analysis.
- Understand the Animal & Human Interactions (eg Blind people have a dog to guide them).
- Discussion on a thought film.
- Reflective Session at Camp.
- Stress Management and breathing techniques.
- Life & Physical activities to relieve stress.
- Organise/take part in a campaign (save the turtles, clean up the world).
- Missionary work.
- Learn about the Ubuntu philosophy and how can it be applied in society.



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To
Next
Level





ROVER
SCOUTS
PROGRAMME

*my*Future



rocks

Women/Horses

journey

Young adults face difficulties in accessing the work market and in preparing themselves for their future family life. The practice of community service prepares young people for citizenship, but preparation for professional life and family life is also very necessary to help them succeed in access-ing the adult roles.

myFuture

BASED ON THE THEME:

“Never sit down
with a tear or a frown
But paddle your own canoe.”

Baden-Powell, Rovering to Success

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ROCK - HORSES

“ The thing is to find out what kind of work you are best suited for and if at first you take a different job that will give you pay you should still keep your eye on the right line and for that directly you get your chance. At the same time beware of always that the grass is greener in the next field.

The fun of the thing is in the run and not in the finish.

What is commonly called luck is really largely the power to spot your opportunity and to jump at it and seize it. Too many fellows sit down and wait for luck to come to them and then complain because it never does so.

Take care of the pence and the pound will take care of themselves. ”

Baden-Powell

Remember that on leaving school you have not been educated fully to become a man. Mainly you have been shown how to learn.

If you want to win success, you must now finish your education by educating yourself.



We suggest that this should take three main directions. To make yourself capable for the responsibilities:

- **Of your profession or trade.**
- **As a future parent of children**
- **As a citizen an leader of other men**

“ When I left school I found that I was, as it were, in a dark room, and the education I had been given was a lighted match which showed how dark the room was, but that a candle was available for me to light with that match and use for my future guidance in the room.

But that was only one room in this world of many rooms. It was well to look into the other rooms that are into other ones of life in neighbouring centres or other countries, and see how people live there. You may discover that though your own room seems dark and dismal, there are ways of letting in more sunshine and better outlook if you choose to use them.

But making your life a success in this way you will be doing a bigger thing than bringing about your own personal happiness – you will be doing something for the nation. ”

Baden-Powell

**WE CANNOT ALWAYS BUILD THE FUTURE FOR
OUR YOUTH, BUT WE CAN BUILD OUR YOUTH
FOR THE FUTURE.**

Roosevelt



THE CURRENT VISION FOR YOUNG PEOPLE – YOUR FUTURE

People are living longer, having children later and there are fewer young people. The 15-29 age groups are projected to represent 15.3 % of Europe's population in 2050, whereas it is currently 19.3% (2012). These demographic changes affect families, intergenerational solidarity and economic growth.

Globalisation can bring growth and jobs, but it can also bring about specific challenges for vulnerable workers such as youth, as demonstrated by the crisis.

Climate change and energy security issues call for adjustments in the behaviour and lifestyles of coming generations.

Key competences flexible enough to develop appropriate skills throughout one's life are vital, and in Malta early school leaving is still a key issue.

Young people value friendship, respect, tolerance and solidarity and this generation is perhaps the highest-educated, technically-advanced, and most mobile ever. However, like the rest of society, they face greater individualism and competitive pressures and do not necessarily share the same opportunities.

Through extensive consultation across Europe, the following specific challenges have been identified as topping the list of young people's concerns:

- **Education**

Complementary to formal education, non-formal education for young people should be supported to contribute to Lifelong Learning in Europe, by developing its quality, recognising its outcomes, and integrating it better with formal education.

- **Employment**

Increase and improve investments in providing the right skills for those jobs in demand on the labour market, with a better matching in the short term and better anticipation in the longer term of the skills needed.

- **Creativity and Entrepreneurship**

Talent development, creative skills, entrepreneurial mindsets and cultural expressions of young people should be encouraged amongst all youth.

- **Social inclusion**

Prevent poverty and social exclusion among disadvantaged youth groups and break their intergenerational transmission by mobilising all actors involved in the life of youth (parents, teachers, social workers, health professionals, youth workers, young people themselves, police and justice, employers etc.)

- **Health & Sports**

Encourage healthy living for young people and physical education, sporting activity and collaboration between youth workers, health professionals and sporting organisations with a focus on preventing and treating obesity, injury, addictions and substance abuse, and maintaining mental and sexual health

- **Participation**

Ensure full participation of youth in society, by increasing youth participation in the civic life of local communities and in representative democracy, by supporting youth organisations as well as various forms of 'learning to participate', by encouraging participation of non-organised young people and by providing quality information services.

- **Volunteering**

Support youth volunteering, by developing more voluntary opportunities for young people, making it easier to volunteer by removing obstacles, raising awareness on the value of volunteering, recognising volunteering as an important form of non-formal education and reinforcing cross-border mobility of young volunteers.

- **Youth and the World**

Mobilise youth in global policy-making at all levels (local, national and international) using existing youth networks and tools (e.g. structured dialogue) and address climate change and the UN Millennium Development Goals.



Europe's youth need to be equipped to take advantage of opportunities such as civic and political participation, volunteering, creativity, entrepreneurship, sport and global engagement.

Difficulties in education, employment, inclusion and health, further combined to problems in finance, housing or transport, make it difficult for young people to achieve autonomy, a situation where they have the resources and opportunities to manage their own lives, fully participate in society and decide independently.



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SUGGESTED REQUIREMENTS

Select two topics listed above and together with your Rover Mentor discuss how you can experience **myfuture** from a Rover perspective. Once this is done, come up with a project on how you can share and teach others on these topics; or what can you do to assist others who are less fortunate in this respect.

Do not repeat the topics you already achieved during your journey!

Submit a small report with photos and information of your experience and self-development



*my*Notes

This image shows a full page of white paper with horizontal blue ruling lines. At the top right corner, there are some faint, light-colored smudges or stains. Along the bottom edge, there is a decorative illustration of a city skyline with various buildings and structures in shades of grey and black. The overall appearance is that of a clean, unused piece of stationery.



ROVER
SCOUTS
PROGRAMME

*my*Departure



task

End of Journey

'For myself I have had a most enjoyable day of it. It has had its clouds and its showers – but it has had also its glorious sunshine'

myDeparture

BASED ON THE THEME:

“Never sit down
with a tear or a frown
But paddle your own canoe.”

Baden-Powell, Rovering to Success

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A HOLE IS ONLY MADE TO BE MENDED

Now if you who read this, you are one who has bumped on one of the “rocks” already, I want to tell you that I was once voyaging across a lake in Canada, in a birch-bark canoe with another fellow, when we bumped on a snag. It was not a very serious bump, but birch bark is very thin and the water began to come in through the hole as best we could with an old hat.

It was a pretty close race. We paddled for all we were worth, and we just got there in time as our craft was sinking.

We hold her up on a flat, smooth rock, and got our gear out of her and rolled her over, bottom upwards.

We then set to work to repair damages by getting some of the natural gum of some Fir-trees and made a little in which we melted it. Then, having patched the whole with some old rug and a bit of fresh bark, and a hot gum, we very soon had the boat pretty nearly as sound as ever; and before long we were on our way again, but with our eyes more acutely on the lookout this time, to avoid snags and rocks in the future.

Well, that is the same with you, who may have run on a rock in your time.

Don't think that on that account you are done for. Hurry in before you sink and get your bark repaired. It may be hard to do, but put your back into it and you will probably succeed. Use the remedies I have suggested in the foregoing chapters according to the type of rock that you have run upon, mend your ways and resume your voyage with stout heart and a good lookout. Having once touched a snag, you will know all the better how to avoid them; and you can make your voyage just as big a success as any of the other fellows. ”

Baden-Powell



After coming up through the sections, and now Rover scouts, you have hopefully become a full, well rounded citizen. Finishing up here doesn't stop you from putting whatever you learned into practice, or from staying involved in Scouting.

IT IS TIME TO START GIVING BACK WHAT YOU LEARNED TO OTHER YOUNGSTERS.

You may now want to become a Scout Leader in another section in your group or possibly more to a completely new group. You can get a lot of helping with younger sections it's great for them to have an experienced person to learn from. Who could be better than a Rover?

A CONSTANT DEVELOPMENT

It is hardly worth saying that the Departure is an honour, not an ending. It marks a new beginning, a new road to travel whilst always upholding the good habits you learnt during your time in the Scouts. The most important of these for you to develop as people and as good citizens, and for those of you who also intent to commit themselves to the Scout movement as good educators is the one that remind you to never feel that you have arrived, but to always search for new opportunities that help you grown.

It is important that those taking the Departure never cease to search for ways of developing themselves, maturing and putting the convictions that they developed and held during the Scouting journey experience. Commitment within the Association to become a Leader and educator is wonderful prospect that can give real sense to your life and the lives of others.

MARK THE OCCASION

"The departure", a special ceremony which means that a young person has reached Scouting's educational objectives and is recognized as someone who is capable of playing an active role in society. This is supposed to be done before the age of 26.

After coming up through the sections, and now Rover scouts, you have hopefully become a full, well rounded citizen. Finishing up here doesn't stop you from putting whatever you learned into practice, or from staying involved in Scouting.

Use the departure of a crew member to indicate the milestone in the history of your group and crew. Find a place, event, ceremony or anything that is unique or important to you and take the time to mark this occasion.

AS ALWAYS, DO IT YOUR WAY.



SUGGESTED REQUIREMENTS

Presentation of your Scouting experience to other sections e.g. Cub section, Scout section etc.

- **Leaving a mark at your Head Quarters.**
- **Finishing programme event.**
- **Guide a new Rover scout through his myInduction process – Become a Rover Mentor.**
- **Help Organise a Rover event on a district or national level.**
- **Consider a role on a district or national level.**
- **Mentorship – criteria for becoming a mentor.**



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