



Undertake a basic First Aid Course provided by a recognised organisation

No matter what you do, it pays to have first aid skills because you can't learn it in an emergency. That's why we need to be always PREPARED.

First Aid is a vital skill needed by all scouts who participate actively in activities, sports and in order to help others in need.

Having a first aid course will also become handy when you will be assisting other sections in their weekly meetings or any camps.

You can also act as Instructor for the First Aid badges or programme sessions.

Organise and attend a Basic First Aid course for your Unit or group with a local course provider which is approved by The Scout Association of Malta.

Some entities you can contact:

- Red Cross Malta http://www.redcross.org.mt/
- St John Ambulance Malta http://www.stjohnambulancemalta.com/
- E.R.R.C <u>http://www.errcmalta.com/index.php</u>

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VENTURE UNIT Training Programme





Undertake a basic Fire Fighting Course provided by a recognised organisation

When faced with extraordinary situations, anything can happen. With proper training and education, the ability to make the right decisions in extraordinary situations is essential.

Fire Fighting might not be on the priority list of Scouting Skill, but it sure is a handy in a tight spot.

It is a needed skill not only for scouting activities and camps but also in the normal day-to-day life. It is always a good thing to have proper fire knowledge.

Contact the local Fire Fighting authorities to see what kind of basic courses they offer.

During the course make sure you discuss Fire Hazards during camps especially in Kitchen Tents.

- Malta International Training Centre http://www.mitcentre.com/
- E.R.R.C <u>http://www.errcmalta.com/index.php</u>

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Organise an Abseiling activity



Abseiling activities are at the heart of activities organised by the Unit. Don't worry if your Unit does not have abseiling equipment you can always ask a qualified instructor to take you on an Abseiling activity or organise a joint activity with another unit.

Make sure you consult with you venture leaders and fill in all required permission forms and submit them on time to the Office of the Chief Commissioner. Ask your leader for guidance and policies.

You also need to make sure that all the necessary documentation is completed as it should. Parental Consent forms are mandatory and anyone without a signed consent form is NOT allowed to participate in such activities.

Before taking on this challenge, it is suggested that an informative session is conducted by a professional to explain why and how this activity is to be completed.

On site try guide and help the Unit to set up the anchorages, make sure you check all knots and anchorages points before your instructor reviews them.

After the activity find time to meet with your Leaders or Instructors and discuss the areas which need improvement.

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Widen your Scouting Experience



Being a Venture Scout means adventure. But many ventures look only at the outdoor adventure part of this scouting journey.

In reality, the Scouting Experience ranges from outdoors activities to personal development. VENTURE is derived from the word adventure and you should **explore** all the adventures possible.

Since its origin, the Scouting programme has been an educational experience concerned with values. In 1910, the first activities for Scouts were designed to build character, physical fitness, practical skills, and service. These elements are still the core base of our programmes.

The Scouting Experience can be achieved by:

- Helping for a period of 3 months within another section acting as an instructor for older Scouts in their badge work.
- Together with a group of ventures achieve a mission on time using leadership and organisational skills
- Plan and run a camp or a two day activity
- Take an active part in a National activity

Set up a meeting with your leader and discuss the opportunity where you could help or what skills you can improve during these 3 months.

We suggest you read the **Strengths & Weaknesses** booklet. You can download it from Scout Keeper, Downloads section, Venture section.

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Help or occupy a group role for a period of at least 3 months



A sign of wisdom and maturity is when you come to terms with the realisation that your decisions cause your rewards and consequences. You are responsible for your life, and your ultimate success depends on the choices you make." – Denis Waitley

People duck responsibility for reasons ranging from simple laziness or a fear of failure, through to a sense of feeling overwhelmed by the scale of a problem or a situation.

Whatever the reason, if people fail to take responsibility, they'll fail in their jobs, they'll fail their teams, and they'll fail to grow as individuals.

This requirement will assist you in understanding that any role has its own responsibilities. We fully encourage **accountability** and such a task will give you the necessary tools to build on.

For this task you need to volunteer to take up a **group** role with clear objectives and role definition for a period of not less than 3 months.

- You can assist actively the Group Quartermaster in order to help with the repairing of tents and other tasks.
- You can also assist the Group Scout Leader with filing and paperwork.
- You can also decide to keep a logbook of activities which were held during a particular period of time, fill in the logbook with photos and activity details.

VENTURE UNIT Training Programme

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Lead the Unit to undertake an overnight hike of at least 20 KMs (minimum)

An overnight hike is an excellent opportunity to practise orienteering and bivouac building skills while avoiding the summer sun.

But that is not all. The main aim of such a task is to make you aware that other skills and development takes place as well. It is a good time to reflect and discuss these changes.

This experience is a series of freely chosen hardships, and it is the overcoming these hardships which produces an increase in confidence.

Realising Potential

- Confidence
- Physical and Social Resilience
- Self-reliance and overcoming challenges

Learning About Self

- Emotional Stability
- Reflection

Learning About Others

Sociability

Learning About Environment

Environment Awareness

Plan the hike on safe yet unfamiliar territory and make sure you complete the route card. Route cards are to be approved by your leaders.

On completion discuss the above points, highlighting any difficulties that you met during the hike. Discuss what you felt was an improvement and what you will improve in the future.

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Act as the PRO of your Unit or Group



A basic definition of public relations is to shape and maintain the image of a company, organisation or individual in the eyes of the "publics."

There is an often ignored fundamental truth. It actually doesn't matter how good your group is. It doesn't matter how brilliant your activities are, or how fantastic your camps are. If people who should be your members either don't know that you exist or don't understand what it is that makes you stand out from your competitors, you will never ultimately be successful.

In today's world, media plays an important role in advertising who we are and what we do. Parents and the general public are always interested with what is going on within your scout group or across the island.

If your group does not have a magazine or a website, it is the right time to start discussions and act as the team leader for this project.

If your group already have these in place, then your job might be a bit easier but nonetheless challenging. Why not start writing articles not only for your group but also for you school's magazine or even for the local council magazine.

Help issue 2 editions of your group / unit magazine and to keep your website updated.

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VENTURE UNIT Training Programme





Improve your skills in survival techniques and test them out.

Survival techniques are meant to provide basic necessities for human life such as water, food, shelter, habitat, the ability to think straight, to signal for help, to navigate safely, to avoid unpleasant interactions with animals and plants, and cure any present injuries.

Research different techniques and methods and use your new learnt skills during a survival camp or else organise an overnight hike specifically to try out these skills.

You can also plan a cooking session using only survival techniques to cook the meals.

It would be a good idea to keep a log book at your HQ with survival skills that you learnt and carried out.

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VENTURE UNIT Training <u>Program</u>me



Setup your CV and mention your role in Scouting Page 1



A new independent report released in 2012 in a publication has found that 41% of employers say Scouting experience positively influences their decision to employ job applicants. As well as that, 91% of adult volunteers in Scouting and 88% of youth members felt that Scouting has helped them develop key skills that have helped them with personal and professional development.

Scouting is regarded as an asset during all work interviews, it is important to mention the skills that you have learned and still practice at your Scouting Group. However, for an employer knotting, pioneering, open fire cooking and camping are alien subjects and not very much understood.

That is why it is important to translate your scouting experience in business jargon. Try to set up a EuroPass CV which can be helpful in giving you a proper template for your CV. You can find different templates here: http://europass.cedefop.europa.eu/en/docum ents/curriculum-vitae/templates-instructions

Prepare your CV and discuss it with a leader of your choice.

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Setup your CV and mention your role in Scouting Page 2



Some of these are suggested below, but there may be more specialised skills, such as your experience as an Instructor which may be appropriate to you.

Practical skills

- a) Ability to plan systematically
- b) Appreciation of the importance of safety and procedures you use to ensure the safety of yourself and others
- c) Knowledge of First Aid and any formal training in this field.

Working as a team

- a) Working in a variety of teams e.g. Sections, Groups, Districts, Counties
- b) Supporting others in their role, knowing the value of teamwork
- c) Valuing others for their skills and abilities and supporting those with Special Needs.

Management skills

- a) Leadership skills, knowing how to lead teams, supervise the group and individuals to get the job done
- b) Being able to monitor, evaluate, and review performance
- c) Being able to manage large projects and often large groups of people.

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VENTURE UNIT Training Programme





Setup your CV and mention your role in Scouting Page 3



Communication

- a) Being effective in meetings, taking minutes, putting your view across and representing others
- b) Writing plans, programmes, reports and newsletters.

Finance

- a) Budgeting, keeping accounts
- b) Fundraising

Training

- a) You will have received formal training in The Scout Association, and it is worth mentioning this.
- b) Most adults in Scouting have experience of either formally training others, or informally. For example, if you have ever passed on a new skill to someone, or been part of a buddy system. These too are worth mentioning. Some of the skills listed above you may already have, but some of them you may have gained as part of your role in Scouting. Either way it is important to remember Scouting when applying for any position. You never know when those skills you have picked up and developed in Scouting are going to make you stand out in a crowd.

Reading through the above, you will immediately realise that what you are doing in the venture scout programme is a preparation for your future and not just for the fun aspect.

VENTURE UNIT Training Programme





Help a patrol to build their own Camp-Oven

Mud Ovens have been in use for thousands of years and are made of a clay-sand mixture baked by the wood fire used to heat it. The way they work is that a fire is set, the oven is heated then the cooking is done by retained heat after the fire is removed. Food cooked by this method is cooked slowly and evenly with almost no chance of burning.

Mud ovens have many other names: Earth Oven, Clay Oven, Adobe Oven, Bee Hive Oven, Quebec Oven, Roman Oven and El Horno. The difference between these various ovens is in the materials used to build them, what they look like, and where they are used.

During a camp or an outdoor activity help a patrol to build a Camp Oven. Explain what the principle behind a Camp-Oven is and how it works. Show them how they should build it. Try not to intrude too much in actually building of the Oven, leave the building part of the project to the Patrol.

After the Camp Oven assist the patrol in correctly lighting the fire and keep an eye on safety rules.

You can also hold this as a competition within your unit, where every unit member takes a particular patrol and competes against each other on the basis of functionality, highest stable temperature, rigidity and best cooked dish.

Supervise the project and learn how to delegate work. This is beneficial for improving your leadership skills.

VENTURE UNIT Training Programme

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Take an active part in a program planning session with a section of your choice for at least 2 months

Organise an activity for the colony, pack or troop focusing on a Local/National Heritage.

Malta has 100's of heritage sites spread all over the islands; choose one which is both interesting and logically feasible. Organise a trip to this site, show them around the site and point out key elements of the site.

Make sure you do your research before going on the trip and that you plan the activity not only from the logistical side.

Logistical Side:

- Check site timings and pricing
- Inform respective section leaders
- Book for transport
- Pass on information to be included in the group's newsletter

Planning the session:

- Define the **Objective**
- Prepare the Content
- Outline the Sequence
- Choose method of Delivery
- Time: both the duration and the "timing of sequence"
- Any Resources needed?
- Assessment

VENTURE UNIT Training Programme





Together with your unit explore and discuss the different Leadership styles.

Prepare an analysis on your group and present it to a leader of your choice.

Taking a team from ordinary to extraordinary means understanding and embracing the difference between management and leadership.

"Management is doing things right; leadership is doing the right things." - Peter Drucker.

There are various leadership styles but for the sake of this exercise we will list 6 which are mainly used in our day-to-day life.

Research these styles and when you feel you grasped the idea, study your group and its leaders and document your findings.

Discuss your findings with one of the leaders and see how this can be improved. This can also be done within your unit and executive.

- The pacesetting leader
- The authoritative leader
- The affiliative leader
- The coaching leader
- The coercive leader
- The democratic leader

Notes

VENTURE UNIT Training Programme



Plan an activity with cryptic rule.... Page 1



Team building games and activities are useful to build better teams (as the name implies) but also for learning and personal development. These type of games and activities help young people to see things differently and use different thinking styles.

Here are some ideas:

Urban Rally

Is a fantastic, fun filled event and is a great way of getting ventures to see a specific place or "secret location". The group is split into teams and each team is given an "Urban Rally Survival Pack" made up of directions and clues. Participants must complete various tasks, identify certain things on the way and work out answers to cryptic clues as they make their way to their final destination.

Aquila Amble

This is another way to experience the natural beauty that our environment has to offer. Learn interesting facts about flora and fauna and test your skills with some activities in the "wild". Participants must complete various tasks, identify certain items on the game reserve and work out answers to cryptic clues as they make their way to their final destination.



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VENTURE UNIT Training Programme



Plan an activity with cryptic rule.... Page 2

Improving Communication

Back-to-Back Drawing – Divide your group into pairs, and have each pair sit on the floor back to back. Give one person in each pair a picture of a shape, and give the other person a pencil and pad of paper.

Ask the people holding the pictures to give verbal instructions to their partners on how to draw the shape – without actually telling the partners what the shape is. After they've finished, ask each pair to compare their original shape with the actual drawing, and consider the following questions:

- How well did the first person describe the shape?
- How well did the second person interpret the instructions?
- Were there problems with both the sending and receiving parts of the communication process?

Survival Scenario – This exercise forces your group to communicate and agree to ensure their 'survival.' Tell your group that their airplane has just crashed in the ocean. There's a desert island nearby, and there's room on the lifeboat for every person – plus 12 items they'll need to survive on the island. Instruct the team to choose which items they want to take. How do they decide? How do they rank or rate each item?



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VENTURE UNIT Training Programme



Plan an activity with cryptic rule... Page 3



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Eliminating Stereotypes and "Labelling"

Stereotype Party – This is a fun exercise for a medium-sized or large group. Write on nametags many different 'personality types (see the list below), and pin or tape one tag to each person's back. Don't show people which tag is on their back – they'll be able to see everyone else's tag, but not their own.

Now, ask each person to figure out which personality type is on his or her back by asking stereotype-based questions of other people – "Am I a man?" "Am I an athlete?" "Am I an entertainer?" and so on.

Allow group members to answer only yes or no, and encourage participants to ask questions to as many different people as possible.

Here are some personality types you could consider:

- Auto mechanic.
- Olympic medallist.
- Professor.
- Fast-food restaurant worker.
- Postal worker.
- Movie star.

VENTURE UNIT Training Programme



THE OLYMPIAN AWARD

Plan an activity with cryptic rule.... Page 4



Building Interdependence and Trust

Human Spring – Ask group members to stand facing each other in pairs. Their elbows should be bent, with their palms facing toward each other. Instruct them to touch their palms together, and gradually start leaning toward each other, so that they eventually hold each other up. Then, instruct everyone to move their feet further and further back, so that they have to depend solely upon their partners to remain standing.

Mine Field – This is a great exercise if you have a large room or outdoor field. Set up a 'mine field' using chairs, balls, cones, boxes, or any other object that could potentially be an obstacle and trip someone up. Leave enough space between the objects for someone to walk through.

Next, divide your group into pairs. Pay attention to who you match with whom. This is a perfect opportunity to work on relationships, so you might want to put together people who have trust issues with each other.

Blindfold one person, the 'mine walker' – this person is not allowed to talk. Ask his or her partner to stay outside the mine field, and give verbal directions, helping the mine walker

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VENTURE UNIT Training Programme





Prepare a 10 to 15 minute talk/demonstration

In public speaking, as in any form of communication, there are five basic elements, often expressed as "who is saying what to whom using what medium with what effects?"

The purpose of public speaking can range from simply transmitting information, to motivating people to act or simply telling a story.

Preparing for a talk or demonstration requires planning and preparation. Here are 6 simple steps for an effective presentation. We suggest you do some research on this topic as a lot of interesting information can be found.

- 1. Determine the purpose of your talk
- 2. Consider your audience
- 3. Prepare a talk using the following format:
 - a. Lead with an introduction
 - b. Fill the body with relevant conent
 - c. Close with an effective conclusion
- 4. Engage the audience through trust, emotions and reliability
- 5. Make your speech easy to follow
- 6. Practice your delivery

Therefore to fulfil this requirement you are required to organise this demonstration to any section of your choice. This talk can be part of an instruction for example on first aid, pioneering or on a specific topic.

Do you want a more challenging task? Why not organise impromptu talks on subjects given to you there and then by your peers or leaders?

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Write, produce and perform your own play or concert before an invited audience.

So you've always dreamed of making it to the stage... or maybe not, but bringing your stories to life is a great way to express yourself, spread the news on your cause and bring art to your group and community.

The best way to get a feel for theater is to actually go to one. Try to find a play that addresses your issue (this might take a bit of research) and use this experience as a drawing board for your own play.

Even if you have never done this before, it is the right time to embark on such a fun project. Together with a team of friends, why not try and come up with a funny storyboard and produce it?

The starting point is to **Think It Through**. Organize your thoughts and main points in outline form. Also, think of a final point you want to make in your play. Leave your audience with a gritty piece of knowledge about your issue.

Read up on the process of writing a play. Find out the definitions of theater terms you'll need to know.

If you are a musical person, you can choose to prepare and perform a musical concernt or recital.

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Choose a topic and make your own film.

Film Making is an excellent media to convey your views about a particular subject, emotions and also story telling. The "film" can be as long or as short as much as you want, it all depends on the amount of work that goes in the film making.

You can even decide to do a small film documenting the activities done during the Group's annual camps or prepare a series of "Scouting Is" which can be utilised in your group as well as on a National level.

When producing a Film always keep in mind the audience, the aim and the tempo of the film

It would be a good research exercise to meet some local film production companies to have a closer look on how this industry really works.

In the meantime, the below are some ideas on how to approach this task:

- 1. Decide on a theme/topic for your film
- 2. Thorough research
- 3. Storyboards
- 4. Examples of shots used when filming
- 5. The legal stuff
- 6. Health and Safety

For more information you can browse: http://www.boldfaceproductions.co.uk/conten t/guide-making-your-own-film

VENTURE UNIT Training Programme

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Ever tried to run a Scouts' Own?

A Scouts' Own is an inspirational, informal ceremony held as part of scouting activities. It is an important part of the spiritual life of any Scout section.

The idea was first introduced in 1909 at the Crystal Palace Rally (London) and was meant to be a simple interdenominational religious celebration. B-P expanded the idea in 1928.

"To interest the boys, the Scout's Own must be a cheery and varied function. Short hymns; understandable prayers; a good address from a man who really understands boys, which grips the boys, and in which they may laugh or applaud as the spirit moves them..." Printed in "The Scouter" November 1928.

A Scouts' Own is an important and often misunderstood part of a Scout program. Scouting is primarily concerned with how people live out their beliefs in everyday life. Hence, a Scouts' Own should connect in some way to the **Scout Law**, the ethical code of Scouting. A Scouts' Own is a **gathering** of Scouts.

This should not last much longer than 15 minutes. It should be made up of a mixture of readings, prayers, reflections and music. Specific themes can be used such as friendship, using resources wisely or fairness.

Try preparing and hold Scouts' Own during your unit meetings, camps and other activities. For this requirement you must run Scouts' Own for a period of time.

VENTURE UNIT Training Programme

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Carved Walking Sticks - try out your carving skills

A stave is a basic tool for the outdoor traveller. For thousands of years, the walking stick has been symbol, weapon, record, and support for the tired feet and legs of the wanderer. Even today, on the trail or in camp, it has a hundred uses

When Baden Powell designed his bronze "Scout with Staff" he gave the staff the loftiest and most prominent place in the statue.

Quotes from BP concerning a scout staff: "Put your Sign on it - brand your Mark on it, and make it a record of your Scout life - and if you lose it, if you break it, if you don't carry it you're a - you're a - a - MUMBLEBUMP!"

"Let the Scout individualize his own staff, even to decorate it in his own way if he like, but let him keep to his staff. "

B.P. had a fine collection of carved walking sticks in the days when Scout staves were mandatory. Try your wood skills to create a similar item.

How ornate can you get? Create a stave and you can be creative...special attachments, secret compartments, built-in watch or compass etc. You can also add metal badges which symbolise a particular scout activity.

You can also try wood carving in general. Try to keep the carving within a scouting theme.

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