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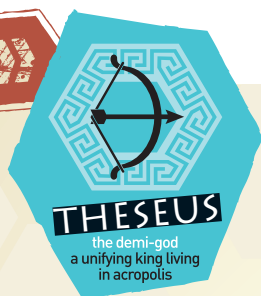
# THESEUS

the demi-god  
a unifying king living  
in acropolis

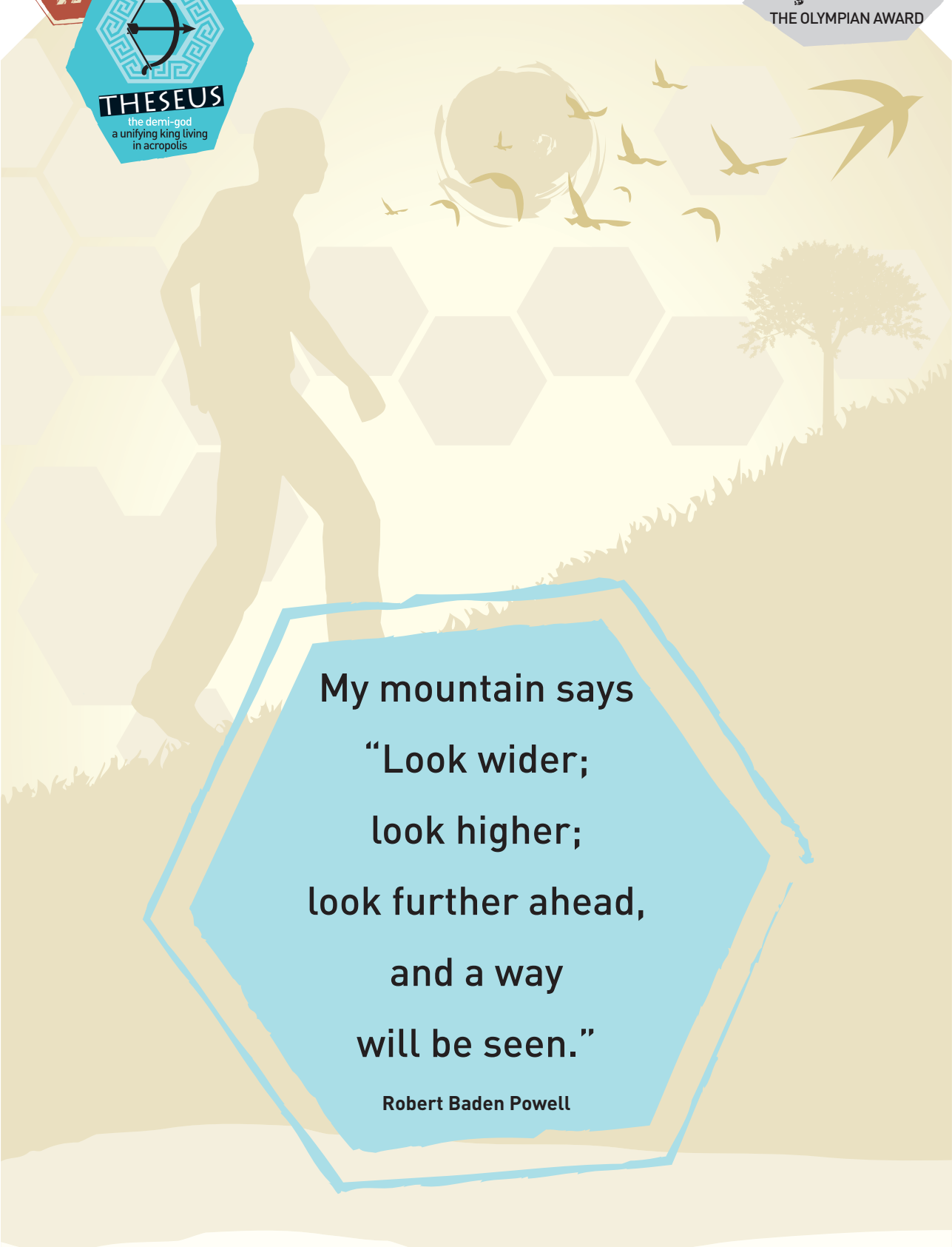


start the journey here >>

**VENTURE  
UNIT**  
Training  
Programme



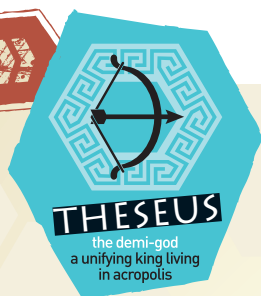
**theJourney**  
THE OLYMPIAN AWARD



My mountain says  
“Look wider;  
look higher;  
look further ahead,  
and a way  
will be seen.”

Robert Baden Powell

**VENTURE  
UNIT**  
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Programme



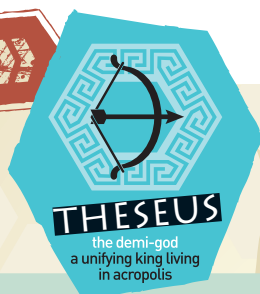
## Profile

The story of Theseus is one of the most famous tales of Greek mythology. Indeed, Theseus is one of the best examples of a Greek hero. Not only does he use cunning and strength to kill the Minotaur, but he also works to reunite his family and his kingdom. He goes on to become a monarch who serves his people well. This myth also illuminates the perception that Athens was, in its day, the most respected and just land. The government of justice that Theseus oversaw became an idealized model for Greek and Roman culture throughout history.

## Aim

Theseus is the Link Badge and the first badge to be achieved from the Venture Award Programme. Every Venture has to achieve this badge prior to start working on the rest of the Programme. This badge incorporates the basic scouting skills which need to be known in the Venture Section.

- For those coming "from the street" this mission is split in two parts; first to learn scouting skills and secondly to understand the Venture Programme.
- For those members who are moving on from the troop: to have a better understanding of what it means to be a venture scout.



## FROM THE TROOP

## FROM THE STREET

**COMPLETING THE LINK BADGE FOR THE VENTURE UNIT IS SIMPLE. YOU JUST NEED TO CHOOSE FIVE CHALLENGES FROM THE ONES BELOW IN ORDER TO COLLECT A TOTAL OF 100 POINTS. WHEN THE CHALLENGES ARE CHOSEN JUST TICK THE WHITE HEXAGON. REMEMBER, THIS SECTION NEEDS TO BE COMPLETED IN UP TO A MAXIMUM OF 6 MONTHS BEFORE YOU OFFICIALLY JOIN THE VENTURE SECTION.**

- Organise a Crossover Ceremony.
- Complete the First Aid/Lifesaving/ Fire Safety Course appropriate for your age.
- Think of a creative way to leave your mark within the Troop.
- Exchange TWO Local Scarves and ONE National Scarf with foreign Scouts.
- Organise an adventurous joint activity with the Ventures (abseiling, canoeing etc.) (This can be done with other Sections in your Group or with a different Scout Group.).
- Achieve TWO Mastery Badges.
- Organise a Troop Meeting or Activity.
- Design and take part in making a large creative pioneering project.
- Achieve the Bronze Award of The Duke of Edinburgh's International Award.
- Organise an interactive session on traditional Scouting skills for the Beaver/Cub Section.
- Organise or actively take part in an activity for diversity and inclusion.
- Assist the Group Quartermaster/ Maintenance Team in a restoration project on equipment.
- Think of a creative way to guide other Scouts in achieving the Mountain Boots Badge.
- Attend a national/international event, excluding the Annual Parade and JOTA/JOTI. (This can be done in up to 1 year before you join the Unit.).
- Organise an event symbolising the completion of The Mountaineer Award.

### NEW MEMBER FROM OUTSIDE – SKILLS

- Scout Promise
- Scout Law
- Tents
- Plan a menu
- Knife and axe
- Mapping
- Knotting
- Highway code
- Fire
- Plan a Hike

## VENTURE UNIT

### BEFORE OFFICIALLY BECOMING A VENTURE SCOUT

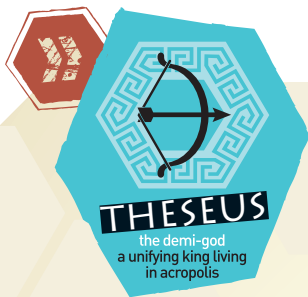
- Understanding the Award Scheme, The Executive & The Unit
- Plan and undertake a 20 km Expedition with your Unit Members
- Strengthening my weaknesses
- My role as a Venture
- How the unit perceives me
- Attend a Weekend Camp with the Unit (3 days /2 nights)

### Formal Request to Executive to join the unit >>

Joining the Venture Unit is not an “automatic” process. The way the Unit operates is different from the Troop or the Pack. During your Link Badge period, you have worked closely with other ventures and by now you should have understood that commitment and dedication are of utmost importance for the success of the venture unit. Therefore, once you feel ready (and have completed the Link Badge requirements), you have to formally request the Venture Executive about your intention to join the unit. This will mean that YOU will be doing your best to be an active and responsible venture.

### VENTURE UNIT

Training Programme



## Plan a 20 km Expedition

THIS CAN BE DEEMED AS THE TRIAL JOURNEY FOR THE D&E AWARD.

### EXPEDITIONS


These are a combination of journeying and project work, with journeying as their principle component.

### AIM

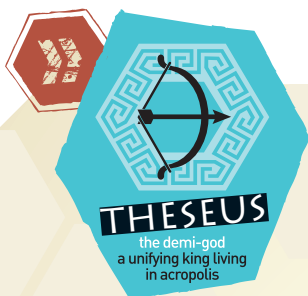
To inspire young people to develop initiative and a spirit of adventure and discovery, by planning, training for and completing an adventurous journey as part of a Team.

### METHOD

The activity should be over two days (including a night away) with at least three other Venture Scouts. You must be involved in the planning of this activity, complete relevant training and be properly prepared.



THE ACTIVITY MAY BE ON FOOT, CANOE, BICYCLE OR SAILING BOAT. OTHER OPTIONS MAY BE APPROPRIATE, AND SHOULD BE AGREED BEFOREHAND.



Complete the activities in one of the following two areas:

### AREA 1 - EXPEDITION: A JOURNEY WITH A PURPOSE

#### DURING THE EXPEDITION:

- Be a team player and participate fully
- Journey for at least five hours each day.
- Use a map to keep track of where you are.
- Keep an updated route card and log.
- Camp overnight at a suitable site.
- Cook the evening meal and breakfast.
- Achieve at least one goal, agreed with your Leader before the expedition.

#### PURPOSE:

To further develop your skills; to go on a historical/environmental track; to explore unknown territory.

### AREA 2 - EXPLORATION: A PURPOSE WITH A JOURNEY

You must have completed some initial research into the subject to be investigated. The challenge should take place somewhere you have never been before or don't know well.

#### DURING THE EXPLORATION:

- Be a team player and participate fully
- Travel for at least 90 minutes to a hostel, campsite or other suitable venue.
- Use a map to keep track of where you are.
- Keep an updated route card and log.
- Conduct the exploration within an agreed area (discussed with a leader in advance) collecting evidence and information for the report or presentation.
- Camp overnight and cook the evening meal and breakfast.
- Complete the exploration before returning home.
- Have the report or presentation ready within four weeks of the exploration.

#### PURPOSE:

To investigate and report back. The investigation could be anything from an investigation into bird life to visiting museums in a town.



## What Are Your Personal Strengths and Weaknesses?

Do you know your personal strengths and weaknesses? A simple question but what would you answer? Can you name your biggest personal strengths instantly?

### WHY IT'S GOOD TO KNOW YOUR BIGGEST PERSONAL STRENGTHS

Knowing your personal strengths and weaknesses can help you a lot in making *good decisions*. If you are able to focus what you do around your personal strengths, you have the opportunity to create something remarkable, while making it look almost effortless.

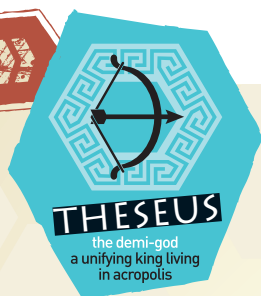
**So your biggest strength is what comes easy to you** – and probably is not so easy for everyone else. This is **what you do best** and where your real talents lie. If you want to have a *comfortable life* you should *focus on* using those strengths to the fullest, because that's where you have a competitive advantage and where you can create the most value for other people.

Equally important to knowing your personal strengths, is to know your personal weaknesses. Those are attributes that you have a hard time when carrying them out. Everybody has weaknesses. It's only natural, humans are not perfect. So don't be embarrassed to look into your weaknesses. It will help you to improve yourself to recognize them.

So take some time to reflect and list down your strengths and weaknesses. We encourage you to keep on looking at this list and re-evaluate yourself from time to time and note what weaknesses you have turned into strengths.

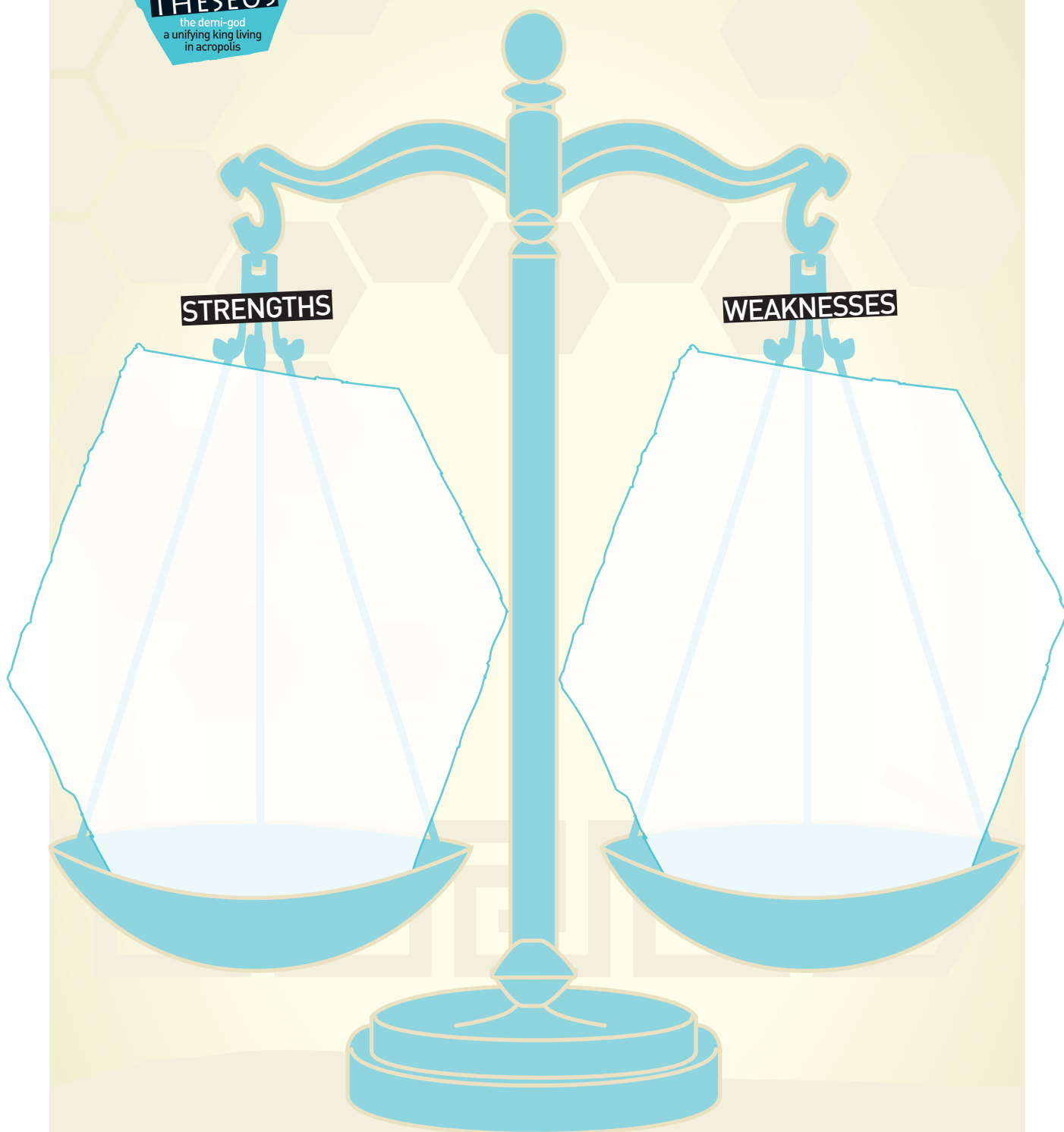
For further reading, please refer to the document **"What Are Your Personal Strengths and Weaknesses?"**.





**theJourney**

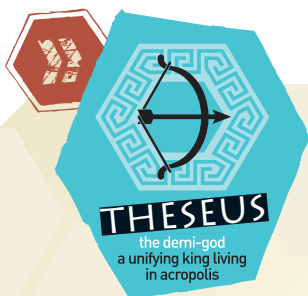
THE OLYMPIAN AWARD



**VENTURE  
UNIT**

Training  
Programme





## My Role as a Venture Scout

Becoming a Venture Scout brings further commitment and responsibilities and these responsibilities do not stop within your Venture Scout Unit but they also extend to the Group and even towards your community.

Take some time to list down what you will be contributing to the:

### IN THE UNIT


### IN THE GROUP


### IN THE COMMUNITY


To further understand your role, please download and read the booklet entitled: **"The Venture Scout"**. This can be downloaded from Scout Keeper, Downloads Section, Venture Scouts section.

We also suggest further reading:

- The Venture Scout Unit
- The Unit Executive
- Programme Planning





## How Am I Being Perceived?

It's fair to say that we don't constantly walk around with a full length mirror in front of us to check our behaviour. We are not that aware of the signals we are giving off or what behaviours we are subconsciously demonstrating.

Behaviour is very deep rooted. It is driven by values, beliefs, motivation and attitude as well as our individual personality type. Because it is so deep rooted, we don't look at our own behaviour in the same ways other will.

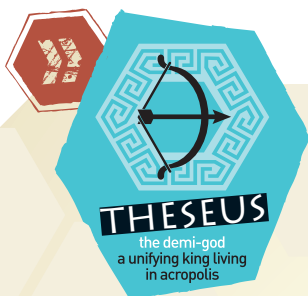
The trouble is, because our behaviour is so deep rooted, and we have lived with it for so long, we think that the way we behave is absolutely correct. But, more often enough it's not what we think about our behaviour, it's the impact that it has on others which is more often enough the issue.

For example, we may think that we are being confident, but other people may look at that behaviour and think it's arrogance, others might think it's aggressive. We just don't know what the impact is on other people.

When we look at other people's behaviour, it is exactly the same. They are not always that aware of the behaviour they are demonstrating, but it's the way they behave and the way that it impacts on us that causes the reaction that we might have on them. We use this to choose the way we respond to them.

We don't know what is driving the behaviour. What we see on the outside could well be very different to what is happening on the inside. We can use the analogy of a swan on a lake. The part we see is the swan gliding through the water, it's almost regal. But, underneath is a very different story. The swan is paddling like mad to keep itself moving. We only see what's on the surface and because of this, we believe that is what is going on.

Perception is a funny thing. By using our insight, when we meet someone for the first time we immediately build a picture of the type of person s/he is and how best to interact with them.



**So, how can you become more aware of your behaviour  
and how others perceive you?**

### ENGAGE YOUR BRAIN

Before you respond or react to a person or a situation stop for a couple of seconds, regardless of the way they are acting and behaving. Say to yourself 'You choose to behave like that, I choose to behave like this'. This will give you the time to engage your brain and consider the way you should respond rather than using a gut based or unconscious reaction.

### ASK FOR FEEDBACK

If possible ask those close to you for feedback about the way they perceive your behaviour. Don't be embarrassed to do this or worried about the feedback you will receive. How can you change your behaviour if you don't know what to change?

### TAKE A PERSONALITY TYPE QUESTIONNAIRE

If you would rather not ask for the opinion of others then you could get some guidance by taking some form of personality profiling questionnaire. These questionnaires are a great way of getting feedback about yourself without the need for asking others.

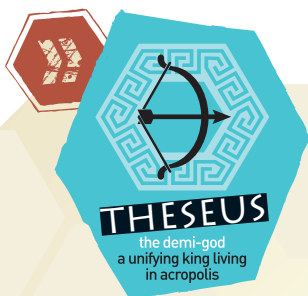
### PLAN TRICKY DISCUSSIONS IN ADVANCE

If you are about to have a conversation with someone who has a particularly difficult character for you to deal with, then be sure to plan it in advance. Plan what you are going to say rather than do it all off the cuff.

### BE ASSERTIVE, ASK QUESTIONS, GET TO KNOW PEOPLE

Don't let your gut reactions or biases drive away the possibility of sharing a good friendship with others. Don't judge, instead ask questions and get to know more about the person. Keep an open mind and gather as much information about your acquaintances as possible, then choose how best to deal or interact with them.

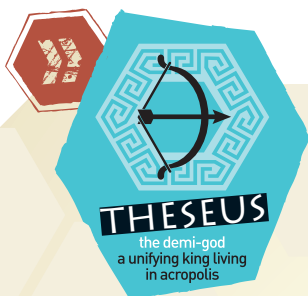
THERE'S NO  
NEED TO BE  
PARANOID ABOUT YOUR  
BEHAVIOUR, BUT BEING  
A LITTLE MORE AWARE  
OF HOW YOU ACT/  
REACT CAN GO A LONG  
WAY TO BUILDING  
LONG TERM AND  
STRONG RELATIONSHIPS  
WITH OTHERS.



**Take the Personality Test and afterwards discuss your score together with other Venture Scouts in your Unit. Followed by the questions below:**

- 1.** What have you learnt from this exercise?
- 2.** As you learn the results of everyone's test, what have you discovered about the group?
- 3.** Why do you think people are so different?
- 4.** Most people have a habit of making fun of, or picking on others who are different from them. Why is that?
- 5.** There are probably a number of things that you have in common with the others. Can you name a few?
- 6.** What is it that keeps you from recognizing the good in people on a daily basis?





## Personality Test

**1. When do you feel that you are at your best?**

- a.** in the morning
- b.** during the afternoon and early evening
- c.** late at night

**2. You usually walk...**

- a.** fairly fast, with long steps
- b.** fairly fast, with little steps
- c.** less fast head up, looking the world in the face
- d.** less fast, head down
- e.** very slowly

**3. When talking to people you...**

- a.** stand with your arms folded
- b.** have your hands clasped
- c.** have one or both your hands on your hips
- d.** touch or push the person to whom you are talking
- e.** play with your ear, touch your chin, or smooth your hair

**4. When relaxing, you sit with...**

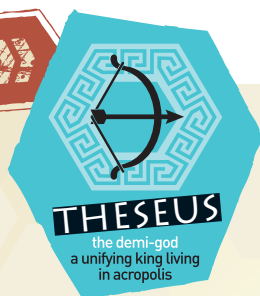
- a.** your knees bent with your legs neatly side by side
- b.** your legs crossed
- c.** your legs stretched out or straight
- d.** one leg curled under you

**5. When something really amuses you, you react with...**

- a.** big appreciative laugh
- b.** a laugh, but not a loud one
- c.** a quiet chuckle
- d.** a sheepish smile

**6. When you go to a party or social gathering you...**

- a.** make a loud entrance so everyone notices you
- b.** make a quiet entrance, looking around for someone you know
- c.** make the quietest entrance, trying to stay unnoticed



**7. You're working very hard, concentrating hard, and you're interrupted...**

- a.** you welcome the break
- b.** feel extremely irritated
- c.** vary between these two extremes

**8. Which of the following colours do you like most?**

- a.** Red or orange
- b.** Black
- c.** Yellow or light blue
- d.** Green
- e.** Dark blue or purple
- f.** White
- g.** Brown or gray

**9. When you're in bed at night, the last few moments before going to sleep you are...**

- a.** stretched out on your back
- b.** stretched out face down on your stomach
- c.** on your side, slightly curled
- d.** with your head on one arm
- e.** with your head under the covers

**10. You often dream that you are...**

- a.** falling
- b.** fighting or struggling
- c.** searching for something or somebody
- d.** flying or floating
- e.** you usually have dreamless sleep
- f.** your dreams are always pleasant

**SCORING:**

- 1.** (a)2 (b)4 (c)6
- 2.** (a)6 (b)4 (c)7 (d)2 (e)1
- 3.** (a)4 (b)2 (c)5 (d)7 (e)6
- 4.** (a)4 (b)6 (c)2 (d)1
- 5.** (a)6 (b)4 (c)3 (d)5 (e)2
- 6.** (a)6 (b)4 (c)2
- 7.** (a)6 (b)2 (c)4
- 8.** (a)6 (b)7 (c)5 (d)4 (e)3 (f)2 (g)1
- 9.** (a)7 (b)6 (c)4 (d)2 (e)1
- 10.** (a)4 (b)2 (c)3 (d)5 (e)6 (f)1

**Now add up the total number of points.**



## Analysis

**OVER 60 POINTS:** Others see you as someone they should “handle with care.” You’re seen as vain, self-centred, and who is extremely dominant. Others may admire you, wishing they could be more like you, but don’t always trust you, hesitating to become too deeply involved with you.

**51 TO 60 POINTS:** Others see you as an exciting, highly volatile, rather impulsive personality; a natural leader, who’s quick to make decisions, though not always the right ones. They see you as bold and adventurous, someone who will try anything once; someone who takes chances and enjoys an adventure. They enjoy being in your company because of the excitement you radiate.

**41 TO 50 POINTS:** Others see you as fresh, lively, charming, amusing, practical, and always interesting; someone who’s constantly in the centre of attention, but sufficiently well-balanced not to let it go to their head. They also see you as kind, considerate, and understanding; someone who’ll always cheer them up and help them out.

**31 TO 40 POINTS:** Others see you as sensible, cautious, careful and practical. They see you as clever, gifted, or talented, but modest. Not a person who makes friends too quickly or easily, but someone who’s extremely loyal to friends you do make and who expects the same loyalty in return. Those who really get to know you realize it takes a lot to shake your trust in your friends, but equally that it takes you a long time to get over it if that trust is ever broken.

**21 TO 30 POINTS:** Your friends see you as painstaking and fussy. They see you as very cautious, extremely careful, a slow and steady plodder. It would really surprise them if you ever did something impulsively or on the spur of the moment, expecting you to examine everything carefully from every angle and then, usually deciding against it. They think this reaction is caused partly by your careful nature.

**UNDER 21 POINTS:** People think you are shy, nervous, and indecisive, someone who needs looking after, who always wants someone else to make the decisions and who doesn’t want to get involved with anyone or anything! They see you as a worrier who always sees problems that don’t exist. Some people think you’re boring. Only those who know you well know that you aren’t.