Welcome to Go For It! On the move

What’s this Go For It! about?
People are constantly on the move. We travel to work and school, we take trips as tourists to faraway places, even as pilgrims on spiritual journeys. Some people are forced to move as refugees, making hard voyages to start new lives away from war and political persecution. Even our food and clothes have often travelled across the world – from the places where the raw materials are produced to the people who manufacture the products, and then on to the shelves of our local shops.
Some everyday journeys seem boring, but dig under the surface and there are adventures waiting for you. Go For It! On the move aims to be a voyage of discovery, looking at some of the many trips that any one of you could take in your lifetime. Guiding offers you lots of fantastic opportunities to travel, but for the journeys in this Go For It! you don’t even need to leave the comfort of your meeting place – unless you want to of course! So, grab your Patrol and get set for some great activities!

How does it work?
For your first session have a go at some of the activities in the ‘Get started’ section to find out which activities in Go For It! On the move interest you. Then choose three more sessions’ worth of activities in the rest of the pack. You should spend four Patrol times (including planning time) on the Go For It! to gain the badge.
If you enjoy Go For It! On the move, check out the ideas in the ‘Take it further’ section on page 20.

Team work
You’ll need to work together all the way on this Go For It! – there are lots of decisions and plans to be made. How will you make sure everyone’s voice is heard? Think about everyone’s strengths and how best to use them.

Go For It! On the move badge
When your Patrol has completed Go For It! On the move you will each gain this great badge!
Get started
These activities are designed to get you started and help your Patrol pick other activities from this Go For It!. Try a few and find out what you enjoy most! Don’t forget to leave time once you have done this to plan what you will be doing for the next three Go For It! sessions.

Everyday journeys
Think about all the routine daily journeys you make. When all of these are added up, how far do you actually travel in a week?

You will need
- Paper
- Pens
- Map of the local area

What to do
1. On a sheet of paper list all the journeys your Patrol has made in the last week. There will be some places that are unique to you, such as your house or your gran’s house, but you may have other places in common, like your school, the shops, your Guide meeting place and the cinema.

2. Find all the locations you can on the map.

3. As a group, work out:
   a. who goes out the most
   b. who travels the furthest in a week
   c. how many places you go to that are the same.

Try it this way
If you have access to the internet, why not work out the distances in miles using a route-planning website?

In the bag
Backpackers travel around the world for months at a time, carrying everything they need with them.

You will need
- Nothing!

What to do
With your Patrol, discuss the following questions.

- What would you need for a year’s travelling?
- Could you carry it all on your back?
- How would you communicate with your friends and family back home?
  Do you think technology has made this easier?
Story maker

Have you ever played the game *Consequences*? Well, here’s a special *Go For it! On the move* version.

You will need
- Paper (1 sheet per person)
- Pens

What to do
1. Sit in a circle, but far enough apart to make sure no one else sees what you are writing.
2. Start off by writing a person’s name at the top of your paper.
3. Fold the top of the paper over, so that what you’ve written is hidden, and pass it on to the next person in the circle.
4. Next, write down a place you could visit – use your imagination and make it as wild as you can.
5. Fold over the top of the paper and pass it on again.
6. Keep passing the paper round, writing down a new bit of the story each time. The words on each piece of paper should follow this order:
   - a person’s name
   - where they went
   - how they got there
   - which famous person they met there
   - what the original person said
   - what the famous person said
   - what attraction they went to visit
   - what souvenir they brought back.

Example: *Our Guide Leader* went to *the Sahara desert*, travelling by *hovercraft*. On the way, she met *Elvis*. She said to him, ‘*I like eating ham and jam sandwiches.*’ He replied, ‘*He's just not that into you.*’ Together, they went to visit *Stonehenge*, and they brought back a *piece of cheese* as a souvenir.
7. Now open up each piece of paper and take it in turns to read out the stories. Do they make sense? Are they funny?

Quick on the draw

You don’t have to be fantastic at art to have a go at this fun drawing game.

You will need
- Pens
- Paper
- Timer/watch

What to do
Start off by writing these words (see next page) down on separate bits of paper, then fold them up. Each has something to do with *Go For It! On the move*. You could add your own too.
One person secretly picks a word. She then draws pictures to illustrate the word and everyone else has to guess what the word is. Have a time limit of two or three minutes of guessing time.

**Try it this way**

If you don’t fancy drawing the words, you could try miming them or making them out of playdough.

**Amazing ladies**

When we think of adventurers, explorers and pioneers it’s often men who first come to mind, but there are plenty of fearless females who have given Christopher Columbus, Ranulph Fiennes and David Attenborough a run for their money!

**You will need**

- Scissors
- Pens
- Paper

**What to do**

Cut up the cards on page 5 and then match up the famous women with the journeys they are best known for.

Once you’ve all agreed on who did what, check the answers on page 20.
<table>
<thead>
<tr>
<th>Woman</th>
<th>Journey</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A Ellen MacArthur</strong></td>
<td>1 It was while travelling to New York in 1912 that this woman first met the founder of the Guide and Scout Association.</td>
</tr>
<tr>
<td><strong>B Juliette Low</strong></td>
<td>2 This American zoologist spent 22 years studying mountain gorillas in Rwanda. The film <em>Gorillas in the Mist</em> tells the story of her incredible life.</td>
</tr>
<tr>
<td><strong>C Helen Skelton</strong></td>
<td>3 In 1993 this woman led the American Women’s expedition to the South Pole. She was also one of a team of two female explorers who became the first women to ski and sail across the Antarctic in 2001.</td>
</tr>
<tr>
<td><strong>D Ann Bancroft</strong></td>
<td>4 The fastest and youngest woman to sail around the world single-handed. Her determination has been a source of inspiration and motivation to many women.</td>
</tr>
<tr>
<td><strong>E Helen Sharman</strong></td>
<td>5 This woman achieved worldwide recognition when she became the first female ground engineer licensed by the British Air Ministry and flew alone to Australia in 1930.</td>
</tr>
<tr>
<td><strong>F Kate Adie</strong></td>
<td>6 In 1991 this woman became the first Briton in space. She spent eight days at the Russian space station Mir, carrying out scientific experiments.</td>
</tr>
<tr>
<td><strong>G Dian Fossey</strong></td>
<td>7 Originally from the USA, this woman travelled extensively and had immigrated to Scotland when she was introduced to her idol. As a result, she returned to her birthplace and founded the Girl Scouts of America. The USA named a three-cent stamp and a ship in her honour.</td>
</tr>
<tr>
<td><strong>H Amy Johnson</strong></td>
<td>8 As the BBC’s Chief News Correspondent, this woman reported frontline news from some of the world’s most dangerous places during the late 20th century.</td>
</tr>
<tr>
<td><strong>I Olave Baden-Powell</strong></td>
<td>9 This TV presenter has taken part in many adventurous journeys, including kayaking the length of the Amazon and becoming the first person to reach the South Pole using a bicycle.</td>
</tr>
</tbody>
</table>
Around the world quiz

Guiding is connected to all sorts of interesting places, all over the world.

You will need

- Pens
- Paper

What to do

See if you can match the locations below with their guiding-related fact.

Places

A Paxtu
B Crystal Palace
C Pax Lodge
D Foxlease
E Our Chalet
F Pax Hill
G Our Cabaña
H St Paul’s Cathedral
I Sangam

Facts

1. In 1932 the 21st birthday celebrations of guiding took place here and 5,000 Guides renewed their Promise.
2. Officially opened in 1991 by Her Royal Highness Princess Benedikte of Denmark.
3. Purchased in 1918, this became the home of Lord and Lady Baden-Powell.
4. WAGGGS World Centre in Mexico, opened in 1957.
5. Lord Baden-Powell’s home in Kenya, where he died and is buried.
6. The first WAGGGS World Centre, opened in 1932.
7. The first World Camp was held here in 1924.
8. Location of the Boy Scout rally where girls first asked to join in.
9. WAGGGS World Centre in India, opened in 1966.

When you think you’ve finished, check the answers on page 20.
Who dressed you?
You probably bought your clothes from a shop close to where you live, but if you check the label you might be surprised by what you find… Some items may have been made on the other side of the world!

You will need
➔ Selection of clothes
➔ Map of the world

What to do
Take a look at the labels inside your clothes to see where they were made. Now find the places on a map. Where do you think the raw materials to make the clothes came from? How far have they travelled to be sold in shops where you live?

Try it this way
If you enjoyed finding out how far your clothes travelled to reach you, you could do the same activity with the food needed to cook your favourite meal. Record the countries the food came from and put them on the map.

What next?
Now you have started to think about some of the different ways and reasons why people travel, what interests you most? Check out the activities in the following sections.
➔ The travel bug
➔ Wish you were here
➔ Travel time treats
➔ Girls on tour
➔ Refugee relocation

Choose which ones you want to do for the rest of your sessions on this Go For It!. Over the three sessions you should make sure you do at least one activity from three of the five sections. You can either plan the next three sessions in one go or allow time at the end of each one to plan the following session. Your Leaders will be able to help you with the planning.
The travel bug

Patrol mascot
Sports teams, schools and even army regiments have mascots to bring them luck, especially when they're travelling away from home. Why not make one of your own to keep your Patrol company when you're out and about?

You will need
- Cuddly toy/doll (or similar)
- Scraps of fabric
- Glue
- Paper
- Pens
- Camera
- Props to make holiday scenes

What to do
1. As a Patrol, think of a name for your teddy or doll mascot, design an outfit for it and make it a special Patrol badge of its own.
2. Discuss your favourite holidays – either ones you have been on already or ones you would like to go on. Use the props to make scenes from these trips and take photos of your Patrol and mascot using them as a backdrop.
3. Now you have photos of your mascot all over the world! Think of a way to display the details of your mascot’s special journey and show it to the rest of the unit and/or your Leaders.

Take it further
Keep your Patrol mascot and take it with you to different guiding events. Keep a photo diary of what they (and you) have been up to.

How far can you go?
How far can you go using nothing but public transport?

You will need
- Paper
- Pens
- Bus, train and plane timetables
- Travel books
- Map of the world
- Access to the internet (optional)

What to do
Use the bus, train and plane timetables to plan a journey and see how far you could get from your Guide meeting place in 24 hours.

Try it this way
Pinpoint two locations on the world map, such as Australia and Iceland, and work out how you would get from one to the other. How long do you think it will take?
What challenges will you face on the way and what will you need to take to overcome them?

If there are a lot of you in your Patrol you could split into two groups and set these challenges for each other.

**Get around**

How many different ways of travelling can you think of?

**You will need**
- Pen
- Paper
- Travel magazines and newspapers (optional)
- Display materials/laptop

**What to do**

Make a display of pictures and information about as many different types of transport as you can. Think about the following things.

- How do people get around in other countries?
- How would you travel across difficult terrain – for example a sandy desert or a snowy wasteland?
- What forms of transport have members of your Patrol used?
- What’s the most unusual mode of transport you have taken?

**Paper planes**

Learn how to be a first-class paper aircraft engineer!

**You will need**
- Selection of different types of paper
- Paper clips

**What to do**

Have a go at making some paper planes. Try creating different shapes and designs, and work out which type of paper makes the best aeroplane. Do you need to add weight by attaching paper clips to your plane to make it fly better? You could hold a Patrol competition to see whose plane travels the furthest.

**Take it further**

Can you find out what world records are connected to paper planes?
Wish you were here

Gifts galore
Have you ever been given an interesting gift from abroad? What about a sombrero from Mexico, a toy camel from Tunisia or a pair of castanets from Spain?

You will need
- Souvenirs from different countries (or pictures of them)
- Tea towel (or similar) to cover the items

What to do
1. Get everyone in the Patrol to bring in some souvenirs they have been given or have brought back from other countries.
2. Put all the items on the table and look at them for a minute.
3. Now cover the items with a tea towel and give yourselves two minutes, on your own, to write down as many items you can remember.

Picture postcard
Travel brochures are full of photos of beautiful sunsets and incredible views, but the written descriptions are often just as good at making you want to be there. How well can you paint a picture postcard with words?

You will need
- Paper
- Pens
- Postcard-style pictures of different locations – either a photograph, a picture from a magazine or a real postcard. It could be a town, holiday cottage, a beach, anywhere you like!

What to do
1. Without showing anyone else, write a clear description of your location (inspired by your picture) on one side of the paper. Leave the other side blank.
2. Swap the pieces of paper with other members of your Patrol.
3. Read the description and draw a picture of the place described on the other side.
4. When everyone’s finished, compare the drawings with the original pictures. Do they match? Do you think that the descriptions would help someone who hasn’t visited to know what the places are like?

Snappy slogans
‘Take only photos and leave only footprints’ is a catchy quotation used by people who support eco-tourism. Make a travel poster with a similarly snappy slogan that will help get your message across.

You will need
- Pens
What to do
On your own, or as a Patrol, design a travel poster aimed at the youth market. Your posters should highlight an important travel issue such as:

- personal security – looking after your passport and money while travelling
- travel health – protecting your skin, vaccinations, drinking bottled water
- eco-travel – looking after the environment while travelling
- conduct – thinking about how we treat people who live in the places we visit, respecting local customs and religions.

It’s your call
As a Patrol, produce your own holiday TV show to tell people about the place where you live.

You will need
- Leaflets and other information about where you live
- Pens
- Paper
- Video camera (optional)

What to do
1. Research your area and make a list of the features you need to include. Think about the following things.
   - Where do you think a tourist should go on their visit?
   - What could they do or see there?
   - Is there something for which your area is famous?
   - Where are the best places to eat?
   - Is there local food to try? If so, where can they find it?
2. Use the list as a starting point to write a script for your TV show.
3. Share out the parts among your Patrol and perform it for the rest of your unit, or if you have a video camera, get filming!

Souvenir trade
Find out more about what you can and can’t bring into the UK and why.

You will need
- Information about UK customs rules (these can be found on the HM Revenue and Customs website: www.hmrc.gov.uk).

What to do
Did you know that it is illegal to bring back certain goods from overseas? Items which are prohibited include:

- drugs
- offensive weapons
Discuss the reasons why you think people aren’t allowed to bring these items into the UK (some of them are more obvious than others). Then compare your ideas with the information from HM Revenue and Customs and see whether you were on the right track.

Travel plan
What makes a great guiding travel experience? If money wasn’t a factor, where would you go?

You will need
- Magazines and holiday brochures
- E111 booklet (from a post office/online)
- Travel health leaflets (from a chemist/health centre)
- Pens
- Paper
- The Guiding Manual (available online)

What to do
As a Patrol, talk about what would be your ideal Guide trip. Use the magazines and brochures to make a plan for this extra-special holiday. You will need to think about the following things.
- What permission and consent forms do you need? Access to the online Guiding Manual will help you with this.
- What type of accommodation will you stay in?
- What activities will you do when you are there?
- How will you travel?
- What safety issues do you need to consider?
- What are your emergency contact numbers?
- What vaccinations (if any) do you need?
- What documents do you need (such as insurance, visas, passports, E111 health forms)?
- What equipment and clothing will you need?
- How much money will it cost? Think about the money you need for travel, accommodation, activities, food and general spending.
Travel time treats

Why not plan a cooking night for one of your Go For It! sessions? See if you can cook up a global feast.

Try some of these recipes or suggest your own favourite international dishes to cook and try with your Patrol. Maybe you could include recipes from each of the countries in which the Guiding World Centres are located – India, Switzerland, Mexico and England.

Take care

➔ Be aware of any food allergies in your Patrol.
➔ Follow good food hygiene practice, eg washing hands, tying back hair.
➔ Be careful when using sharp knives and when around hot equipment.

Tamil tea

Tea was first taken to Ceylon (now Sri Lanka) from India in the latter half of the 19th century by British colonial plantation owners. Large numbers of Indian Tamils were transported to labour on the Sri Lankan tea plantations. The country is now the world’s second largest exporter of tea. In Sri Lanka, tea is prepared by boiling the sugar, tea and milk together. This recipe serves two.

You will need

➔ 1 cup of water
➔ 1 cup of milk
➔ 2tsp leaf tea or 1 teabag
➔ 1tsp sugar
➔ Saucepan
➔ Hob
➔ Two teacups
➔ Tea strainer (if using tea leaves)

What to do

1. Put all the ingredients in a pan.
2. Boil for three minutes, being careful that the mixture does not rise over the top of the pan.
3. Pour into a teacup (if you are using leaf tea you will need to strain it).
Somali spiced tea

In Somalia, ‘shaah’ (that’s tea to you and me) is drunk with or without milk. All guests must be honoured and served with tea, and for very special occasions this spiced shaah is prepared. Our recipe will make enough for everyone in your Patrol to have a taste.

You will need
- 500ml water
- 250ml milk
- 4 cloves
- 4 green cardamom pods
- 1 tsp ground cinnamon
- 6 tsp sugar
- 3 teabags
- Measuring jug
- Saucepan
- Hob
- Tea strainer
- A small cup each to serve

What to do
1. Measure out 500ml of water and pour it into a small saucepan.
2. Crush the cloves and green cardamom pods and add them to the water, along with the cinnamon, sugar and teabags.
3. The mixture should be boiled for two minutes.
4. Measure out the milk and add this to the pan, then boil the tea again until the mixture rises.
5. Strain, and serve the spiced tea in small cups.

Turkish coffee

Ancient Turkish traders took coffee with them as they travelled throughout the eastern Mediterranean. Today, small cups of strong ‘Turkish’ coffee are drunk in Turkey, Kosovo, Serbia and many other countries. To have a go at making some, try to buy the finely ground coffee that is available from some supermarkets and specialist grocery shops.

You will need
- 1 small cup of water per person
- 1 heaped tsp Turkish coffee per person
- 1 tsp sugar per person
- Saucepan
- Hob
- Spoon

What to do
1. Measure out the water and sugar into a small saucepan.
2. Bring to the boil, take off the heat and quickly stir in the Turkish coffee.
3. Bring to the boil again, allowing the froth to rise.
4. Remove from the heat, stir, then return to the heat until the froth rises again.
5. Repeat once more and then pour into very small cups, spooning some of the froth into each. The grounds will settle at the bottom of the cups and should not be drunk.

Hot chocolate
This tasty hot chocolate comes from Pakistan. Have a go at making some with your Patrol; this recipe will be enough to make five cups.

You will need
- 110g chocolate
- 3 full mugs of milk
- 2 mugs of water
- 2 saucepans
- Spoon
- Whisk
- Oven gloves
- Heatproof bowl
- Hob (or microwave)
- Mugs to serve

What to do
1. Put the water in a saucepan and bring to the boil, then switch off the heat.
2. Place a bowl over the mouth of the saucepan so that it sits above the boiling water (take care not to let the bottom of the bowl actually touch the water), and then break the chocolate into the bowl. Leave the chocolate to melt, stirring every so often.
3. Carefully take the bowl of chocolate out of the saucepan. Use oven gloves so that you don’t burn yourself.
4. Pour all the melted chocolate into the second saucepan.
5. Whisk in three full mugs of milk, then heat gently, continuing to whisk.
6. When it’s hot, pour into five mugs.
7. Your delicious hot chocolate is now ready to drink!

Ground rice biscuits
These biscuits are from Afghanistan. They contain rice flour, which you may not have used before which should be available in a supermarket. The recipe will make about 10-15 biscuits.

You will need
- 4 eggs
- 4 egg yolks
- 1 tsp baking powder
- 225g butter
- 340g fine rice flour
- 225g caster sugar
- 2 tbsp ground pistachios (optional)
What to do

1. Pre-heat the oven to Gas Mark 6, 200ºC.
2. Break four eggs into a bowl.
3. Add the egg yolks (ask your Leader if you’re not sure how to separate eggs) and baking powder and mix well.
4. Melt the butter (you can do this in a saucepan or in a microwave on the lowest setting).
5. Add the melted butter to the egg mixture. Mix thoroughly.
6. Finally, stir in the flour and the sugar. With your hands, form the mixture into a dough.
7. Break off a piece of dough about the size of an egg and flatten it until it is just smaller than a side plate. Continue to do this until you run out of dough.
8. Place the biscuits on the baking trays.
9. Use a blunt knife to decorate the biscuits with lines.
10. Bake for 5-10 minutes or until golden brown.
11. Sprinkle with ground pistachios and enjoy!

Take care

This recipe contains nuts. If someone in your Patrol has a nut allergy, leave out the pistachios – the recipe will work just as well without them.
Girls on tour

Well-travelled women
Did you know that The World Chief Guide, Olave, Lady Baden-Powell, was once said to be the world’s most well-travelled woman? How well travelled are the girls in your Patrol?

You will need
- Map of the UK
- Map of the world
- Pens
- Paper

What to do
Make a list of all the places you have been to. Don’t forget to include everywhere you have been with Rainbows, Brownies or Guides. Find all the locations on the maps.

- How many places have you been to?
- Who has been the furthest?
- What’s your best memory?
- What’s the funniest thing that has ever happened on a guiding adventure?

Celebrity tour
Some people need to travel as part of their job, especially if they are celebrities.

You will need
- Information about your favourite band’s tour dates
- Map of the UK, Europe or the world (depending on where the band is touring)

What to do
1. Each person should choose one of their favourite bands and find out their tour dates – you could look in magazines or on their website, or contact their fan club. If you can’t decide who to pick, why not use one of the artists who performed at the last BIG GIG.
2. Mark all the places that the band will be visiting on the map.
3. For each band, add up the total distance travelled. You can do this by measuring the distance in centimetres with a ruler, then finding out the scale of the map, such as 2cm to 50 miles.
4. Work out who would have to travel the furthest to watch all their band’s gigs.

Try it this way
You could also try this with your favourite football team. Mark on the map the locations of all the away matches they will play in a season. How far will they have travelled by the time they have finished?
Refugee relocation

A refugee is someone who is forced to leave the country they live in because of their race, religion, nationality, or even their personal or political opinions. These people aren’t leaving just because they feel like it; they fear for their lives.

You may have heard lots on the news about asylum seekers. An asylum seeker is a refugee who is waiting for legal papers so that they can stay in a new country. There is often a great deal of misunderstanding regarding the issue of asylum seekers and their presence in the UK. Below are some myth-busting facts for you from The Refugee Council.

→ Most asylum seekers are living in poverty and experience poor health and hunger. Many families are not able to pay for basics such as clothing, powdered milk for babies and nappies. (The Children’s Society Briefing highlighting the gap between asylum support and mainstream benefits, 2012.)

→ Most asylum seekers are not allowed to work and are forced to rely on state support – this can be as little as £5 a day to live on.

→ Asylum seekers do not jump the queue for council housing and they cannot choose where they live. The accommodation allocated to them is not paid for by the local council. It is nearly always ‘hard to let’ properties, where other people do not want to live.

→ Asylum seekers do not receive more benefits than pensioners in the UK. (UK Parliament briefing paper, 2012.)

How do these facts make you feel?

A new home

Starting over in a new country can be scary, especially if you are forced to leave behind the life you knew at a moment’s notice – refugees face many challenges when they reach their destination, how you would feel if you had to rebuild your life in a whole new country?

You will need

→ Pens
→ Paper

What to do

As a Patrol, hold a discussion about what you think it would feel like to be a refugee arriving in a new country. Imagine yourself in these situations.

→ You may have been forced to leave your family and friends behind because of a terrible civil war in your country.

→ You may be scared and unable to speak the language of the new country in which you are living.

→ You may face prejudice and discrimination from some people in your new country.

→ You may experience feelings of confusion, bewilderment and frustration upon arriving in a different society.

Now, as a Patrol or on your own, write a poem about these feelings and share it with the rest of your unit.

It will take: 20 minutes
Positive people

The newspapers are often filled with stories about refugees, usually presenting them in a negative light. However, refugees can make a positive contribution to the society into which they arrive.

A refugee you’ve probably all heard of is mathematician Albert Einstein, who fled Nazi Germany in 1933. The founder of Marks & Spencer was a refugee who claimed asylum in the UK, as is the children’s novelist Judith Kerr (*When Hitler Stole Pink Rabbit; The Tiger Who Came to Tea*). Anne Frank and her family became refugees when they moved to Amsterdam in 1933 after the Nazis gained power in Germany (*The Diary of a Young Girl*).

You will need
- Pens
- Paper
- Newspaper articles and photos

What to do

1. Over a period of two weeks, collect photos and articles about refugees and asylum seekers from newspapers, internet news sites and so on.

2. In your Patrol, hold a debate to discuss the motion that ‘Refugees and asylum seekers have a positive contribution to make to our country’. Can you use articles you have collected as evidence to back up your arguments?

3. Make sure you have both sides of the argument represented. You may not personally agree with what you are saying, but it is interesting to have to take on a different viewpoint and try to understand it.

Try it this way

More debate motions could include:
- ‘The UK should have stricter regulations on immigration’
- ‘Stories about refugees in the media are often inaccurate’
- ‘Refugees have an easy life in the UK’.

Setting up

A family of four (two adults and two children aged three and seven) have been given asylum in the UK. They are going to be placed in a home with no equipment. What are the bare essentials, at the lowest cost possible, they would need?

You will need
- Pens
- Paper

What to do

Put yourself in their place. Think about the following things.

- If you had to leave your home, go to a new country and start again, what items would be essential to your survival?
- What are the luxuries that you could do without?
What would you want to take with you but would have to leave behind if you fled in a hurry?

The family may not know where to go to get the things they need, or how to get there. What extra helpful information could you give them? For example, public transport details, how to get to the post office, where the shops are, how to join a doctor’s surgery, how to call emergency telephone numbers and so on.

**Take it further**

Is there anything you can do to help or raise awareness? Contact your local authority to find out if there are any projects being run in your area to support refugees (you could ask your Leader to make the call). Some centres or organisations that work to support refugees may ask for donations of useful items, such as clothing, toiletries, toys and so on. It might be that you could even go to a session with some of their young people and teach them some guiding games and activities.

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**Answers**

**Amazing ladies (page 5)**

A4, B7, C9, D3, E6, F8, G2, H5, I1

**Around the world quiz (page 6)**

A5, B8, C2, D7, E6, F3, G4, H1, I9

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**Take it further**

If you enjoyed this Go For It!, why not try…

- Finding your way badge
- World guiding badge
- World cultures badge
- World issues badge
- World traveller badge
- Guide Camp Permit.
Notes for Leaders

A balanced programme
One of your responsibilities is to ensure that your Guides experience a balanced and varied programme. Chat to the Patrol and find out what their plans are – encourage them to choose a variety of different activities.

Remember you can ensure a balance by doing unit activities, games and so on in addition to Go For Its!

Safety
Ensure the Guides are safe. You should always adhere to the rules within The Guiding Manual and, depending on the girls’ ages and abilities, you may need to give extra support with:

- going outside the normal meeting place
- inviting members of the public into the meeting place
- staying away from home in unfamiliar surroundings
- the use of specialist equipment, such as tents, knives and cooking appliances
- both personal and food hygiene
- allergies and what to do in the event of an allergic reaction.