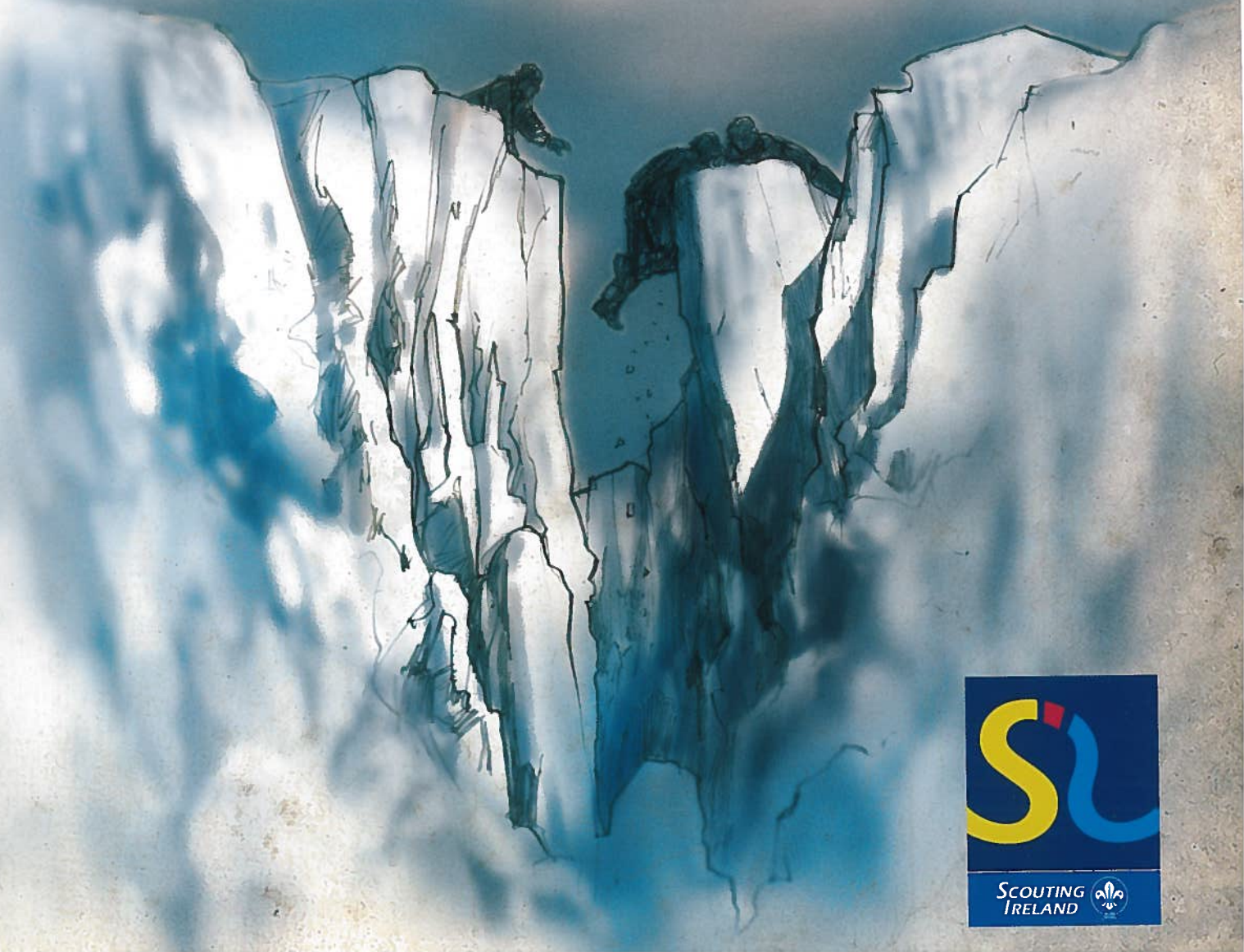


The
Spirit
of **Adventure**



Index

Page 4	Scout Uniform
Page 5	Introduction
Page 6	Letter from Tom Crean
Page 8	History of Scouting
Page 10	Cub Scout Link
Page 11	Ceremonies
Page 12	Picking The Crew
Page 13	Our Patrol
Page 14	The Patrol - a working unit
Page 16	The Scout Method
Page 18	Promise and Law
Page 20	Personal Journey and The SPICES
Page 26	Pushing Your Boundaries
Page 28	Talents, Abilities and Things I Like Doing
Page 30	Preparing For Adventure
Page 32	Plan, Do, Review
Page 33	Chadburn
Page 36	Putting It All Together
Page 38	Just Do It!
Page 40	Let's See What Happened
Page 42	Review Techniques
Page 44	You, The Patrol And The Community
Page 46	The World About Us
Page 48	Adventure Skills
Page 50	Special Interest Badges
Page 52	Helmsman Badges
Page 54	The Crean Awards
Page 56	Discovery
Page 57	Terra Nova
Page 58	Endurance
Page 59	Polar
Page 60	Master Map
Page 62	Journey Planners, Journey Maps & SPICES Review Charts
Page 70	Chief Scout's Award
Page 71	Venture Scout Link
Page 72	Tom Crean Timeline

Scout Uniform

The Scout Uniform consists of the following;

- » Scout Shirt
- » Scout Trousers
- » Scout Belt
- » Group Neckerchief
- » Scout Woggle

There are three further optional items as follows;

- » Scout Lanyard
- » Scout Jacket
- » Sea Scout Sweater



Introduction

You've decided to join Scouts? You're most welcome!

You can achieve anything you put your mind to in Scouts. There is a world of possibilities available. The door is wide open and you don't need to pass a test to walk in. If you've been a Cub Scout, then you already know about the fun and adventure that's waiting for you, but if not, then come on in!

Scouts is all about doing something fun and challenging with your friends. You, with your Patrol and some help from your Scouters, organise enjoyable activities. Use your imagination, the sky is the limit. You could climb to the top of Ireland's tallest mountain, sail to the Isle of Man, make a difference to your local environment, cycle to Spain, camp within the Arctic Circle, lead by example and make your community a better place. Add your own ideas to the list!

This book describes the Scout section of the ONE Programme of Scouting Ireland. You'll get useful details and encouragement on your Personal Journey through the Tom Crean Awards, Adventure Skills, Special Interest Badges, Nautical Badges, and your Chief Scouts' Award before moving onto further challenges in Venture Scouts.

Scouts traditionally collect badges, but that's been re-invented in the ONE Programme. You will chart your own Personal Journey and your achievements on that journey will help you in your future life.

Have you heard of Tom Crean and his race to explore Antarctica and reach the South Pole with the Scott and Shackleton expeditions? Just as he faced challenges on his journey, you too are about to embark on a Personal Journey of discovery, growth, adventure, and above all, fun in Scouting!

By journey's end, you will have learned new skills and achieved your goals. Most importantly you will have gathered great memories, friends, and stories along the way.

This is the start of something new, something that is action packed with

FUN, ADVENTURE, CHALLENGE, FRIENDS, OUTDOOR ACTIVITIES, A SOCIAL SCENE and GREAT CRAIC!



Hello my name is Tom Crean

You might have heard of me. But if not, let me introduce myself.

I was born in 1877 in Annascaul, Co. Kerry. It's a small village on the Dingle Peninsula, between Dingle and Tralee. I came from a farming family with ten children and money was tight. I wanted to explore the world and I loved the sea, so I joined the Royal Navy at the age of 15.

For seven years I worked hard and learned all about sailing on the seas. I moved up the ranks and in 1901 I seized my chance to sail on Captain Robert Falcon Scott's ship "Discovery". She was headed for Antarctica, the most Southern continent, with the British National Expedition.

Disaster struck in the winter of 1902 when the "Discovery" was trapped in the ice. I headed a trip inland with a few others. We carried all we needed with us; food, medicine, and camping gear. We were exhausted in the freezing cold and many of us suffered from frostbite.

We tried everything to free our ship, but didn't succeed until spring 1904. We headed home and I returned to normal duty in the Navy. In 1910 Captain Scott asked me to join him on his second expedition to the South Pole, this time onboard "Terra Nova". But now a Norwegian team, lead by Rolf Amussen, was racing us to the Pole!

Captain Scott did make it to the South Pole this time, but the Norwegian expedition beat us to it. On the return leg of our journey, tragedy struck. Scott and four of my crewmates died in the freezing cold. The remaining team returned to England in 1913 to a huge welcome. King George presented us with Polar Medals. I got the Albert Medal with another shipmate, for saving the life of our friend Lt. Evans. We were just doing our duty.

One year later, I made my final voyage to Antarctica on the "Endurance" with Sir Ernest Shackleton. This fellow Irishman and explorer was known to all of us on the crew as "The Boss". We aimed to cross continental Antarctica from coast to coast. Unfortunately this wild land defeated us again when our ship was sunk by ice floes in 1915.

The entire crew of 28 men set out across the endless ice seeking safety and survival. Eventually we were rescued, and I returned to England in 1916 and continued to sail with the Navy, until 1920 when I returned to my native Kerry.

Just as I embarked on journeys full of excitement, challenges, and personal growth when I joined Scott and Shackleton in Antarctica, you too are about to embark on an amazing Scouting Journey. You'll learn new skills, experience exciting challenges, make a difference in your community, make new friends, and create special memories of your voyage.

Throughout your Journey, you can collect awards and badges. These are the outward sign of honour and achievement for any explorer. And remember, adventures can begin anywhere...

I didn't understand it at the time, but I didn't just learn the basics of how to survive on my expeditions. I learned to do things for myself. I kept busy and developed my skills even when stranded on the ice. I saw how working in small groups to achieve common goals saved me and my crewmates.

I grew to understand Nature, not just by looking after the domestic animals we'd brought with us, but also by observing and writing about the landscape and creatures around us. I valued the support and guidance of my crewmates. We worked together as a team. Serving and respecting my shipmates taught me to do the same with family and friends when I returned home.

Everything I learned on each expedition helped me on the next. I grew strong in heart, as well as skills, and became a true explorer. Above all, it was my pledge of honour as a seaman which meant I always did my personal best to fulfil my duty.

Your Scouting Journey bears many similarities to my expeditions. It is designed for you to plot your own Personal Journey and set out your own achievements which will stand to you in future. By the end of your Journey, I hope you will have achieved your goals, enjoyed your adventures, relished your challenges, and discovered the tales of our many brave Irish explorers, old and new. All of them heroes like you.

Good luck as you embark on Your Journey!

Yours in Exploring

Tom Crean, Irish Antarctic Explorer



History Of Scouting



Scouting was founded by Robert Baden Powell (known as BP), a commander in the British Army in Africa at the end of the 19th century. Based on what he learned from the tribes there, he wrote a handbook for young people called "Scouting for Boys" which was published in 1908.

Before he finished writing "Scouting for Boys", BP tried out some of his ideas at a camp on Brownsea Island off the coast of southern England in August 1907. The camp consisted of four Patrols, with twenty Scouts in total, and is now recognised as the official start of Scouting. He didn't plan to start a Scouting movement, but the idea caught on very quickly.

A year later, there were more than 60,000 Scouts in England. By 2007, on Scouting's 100th Birthday, there were 28 million Scouts in 160 countries around the world. Things had come a long way from the very first camp on Brownsea Island!

Scouting began in Ireland in 1908. Early Irish Troops for

the Scout Association of Ireland (SAI). In 1927, Fr. Tom Farrell formed the Catholic Boy Scouts of Ireland (CBSI). Through the years, both associations worked closely together; sharing ideas and jointly attending International Jamborees. In 1965, the Federation of Irish Scout Associations was formed which allowed both to be recognised by the World Organisation of the Scout Movement.

In 1988, both associations began talks about forming a new association for the young people of Ireland. They created Scouting Ireland in January 2004.

The journey of Scouting in Ireland continues...



Tom Crean



Sir Ernest Shackleton



Sea Scout History



Sea Scouting effectively began at Baden Powell's third and final camp in 1909. He held the camp at two sites, ashore at Beaulieu in Hampshire, England and afloat on the training ship "Mercury" on the River Hamble.

While at Beaulieu, Scouts learned camp craft, cooking, pioneering, hiking, nature study,

First Aid, etc. On board Mercury, they learned rowing, sailing, signalling, knots, splices, and boatswain's work and wore sailors' hats emblazoned with the term "Sea Scouts".

The Beaulieu-Mercury Camp is now recognised as the beginning of Sea Scouting. BP asked his older brother, Warrington, to plan a Sea Scout training scheme and to write their handbook.

Sea Scouts today use this with the core elements of Scouting to offer a Scout programme with a uniquely maritime flavour.

Scout Marr Story

After the First World War, Shackleton planned another expedition to the Antarctic in the Quest. Right from in its inception, this voyage was wrapped up in symbolism and expectation. Shackleton believed that by choosing his crew from different nationalities he could demonstrate unity of purpose and break down barriers. He needed a cabin boy, and he knew where to look.



On July 9th, 1921, Shackleton wrote:

For many years, I have been an admirer of the Boy Scout Movement, which I may say appeals to me particularly because it seems to give every boy a grounding in the practice of exploration."

Baden-Powell had often told stories to young people of explorer-heroes, including Scott and Shackleton. BP gave Shackleton a list of six Scouts from whom the explorer could pick one as cabin boy for the expedition. He chose Patrol Leader James Marr.

James was described as a "bluff, big-hearted fellow from Aberdeen". He'd earned the Silver Cross and the Humane Society's Medal for Life-Saving. He was 18 years old and on his Scout uniform he wore his Scout National Service Badge. He wrote later;

"Imagine how my heart leapt when the news was told! Oh yes, it was good to be young, ambitious, and chosen."

While I was away in the Antarctic a marvellous organisation was being formed called Scouting. On our return to Britain, I and other members of the crew met Baden Powell at a talk on our adventures in the Royal Geographical Society in London. I was most impressed by the man and what he had achieved for young people.

The 'Boss' (Shackleton), was keen to have close links with this new venture and fully understood the great benefits of creating young people of character to undertake

adventures in the future. Shackleton had a few meetings with Baden Powell and they decided it would be a good idea to hold a competition for older Scouts to become members of the crew on Shackleton's next adventure to Antarctica on the "Quest".

Shackleton was looking forward to revisiting Antarctica. He wanted me to rejoin him with the others who had voyaged on our "Endurance" adventure, but my life was taking a different direction and I declined the offer.

Cub Scout Link



Moving from Cub Scouts to Scouts can sometimes seem like a big step. Many of the Scouts will be bigger than you, but remember, each one of them was your age and size too! To help with the process of advancing, you will carry out the Cub Scout to Scout Link towards the end of your Cub Scout journey.

It works as follows;

- » The Scout Patrol Leaders and a Scout Scouter will visit your Cub Scout meeting to meet with the Link Cub Scouts. They will explain what is involved in Scouts and answer any questions you might have.
 - » The following week you will go to the Scout Meeting with a Cub Scout Scouter and take part in the meeting to see what it is the Scouts actually do.
 - » Over the following two weeks you will attend two more Scout meetings and a Scout outdoor activity.
- Once the link is completed you will take part in a Departure Ceremony with the Cub Scout Pack before you make the move to Scouts.



Ceremonies

Ceremonies play an important role in the life of a Scout Troop. They usually take place to mark special occasions for a Scout, a number of Scouts or the Troop itself. It is important to create a sense of Scouting atmosphere for your ceremonies. This can be done by thinking about the location (a Scout hall, a campsite) the props you use (a campfire, a pioneering structure) and the content of the ceremony itself. For some ceremonies it may be appropriate to invite family and friends along, while for others only Patrol members may be present. What is most important is that the occasion is special for all of the participants.

The following are ceremonies that you should consider having in your Troop;

Welcome to Scouts

This will be done on your first week or two in the Troop. You will be introduced to the Troop and this is the start of your journey in Scouts.

Investiture / Promise Renewal

You are only invested into Scouting once during your Scouting journey. So after being part of the Troop for a few months, having learned about Scouting and having taken part in Patrol and Troop meetings and activities, you will be either be invested into Scouting Ireland or renew your promise.

If you join Scouts for the first time, you will participate in an investiture ceremony. At this ceremony you become recognised as a member of your Scout Troop and Scouting Ireland. If you come to Scouts from Cub Scouts your ceremony will see you renew your promise and recognise your becoming a member of the Scout Troop. These ceremonies usually take place in your Scout Den in the presence of your family, but that's not to say they can't take place up a mountain or on a boat or while away on camp.

At both ceremonies you recite your Scout Promise while making the Scout sign with your right hand and holding the Scout flag in your left hand. You will then be presented with your Troop neckerchief and Discovery badge. Congratulations on becoming a Scout!

Scouts Own

These are ceremonies where we reflect on ourselves, our actions, what we have achieved and on the world around us. We can have these ceremonies during our weekly meetings or on activities like a sunrise hike or a Troop campfire. There will be many of these on your journey through Scouts



Presentation of Awards/Badges

Throughout your journey in Scouts you will have many opportunities to achieve badges. As you complete various badges they will be awarded in a suitable way. Sometimes this will be at a regular Troop meeting, on camp, at a campfire or at a symbolic location, for example a mountain peak that you aimed to summit for your badge. You can even organise an awards night where the presentations will be made by some Scouting dignitary!! Your achievement may also be recognised during a Scouts own.

PL/APL Appointments

During your journey with Scouts you may become a Patrol Leader (PL) or an Assistant Patrol Leader (APL). These are important roles in the section and your promotion to these roles will have a suitable ceremony. This ceremony should take place in an appropriate environment be that in the Scout Den, at Scout camp, on board a boat or up a mountain, where you will be presented with your PL/APL badges.

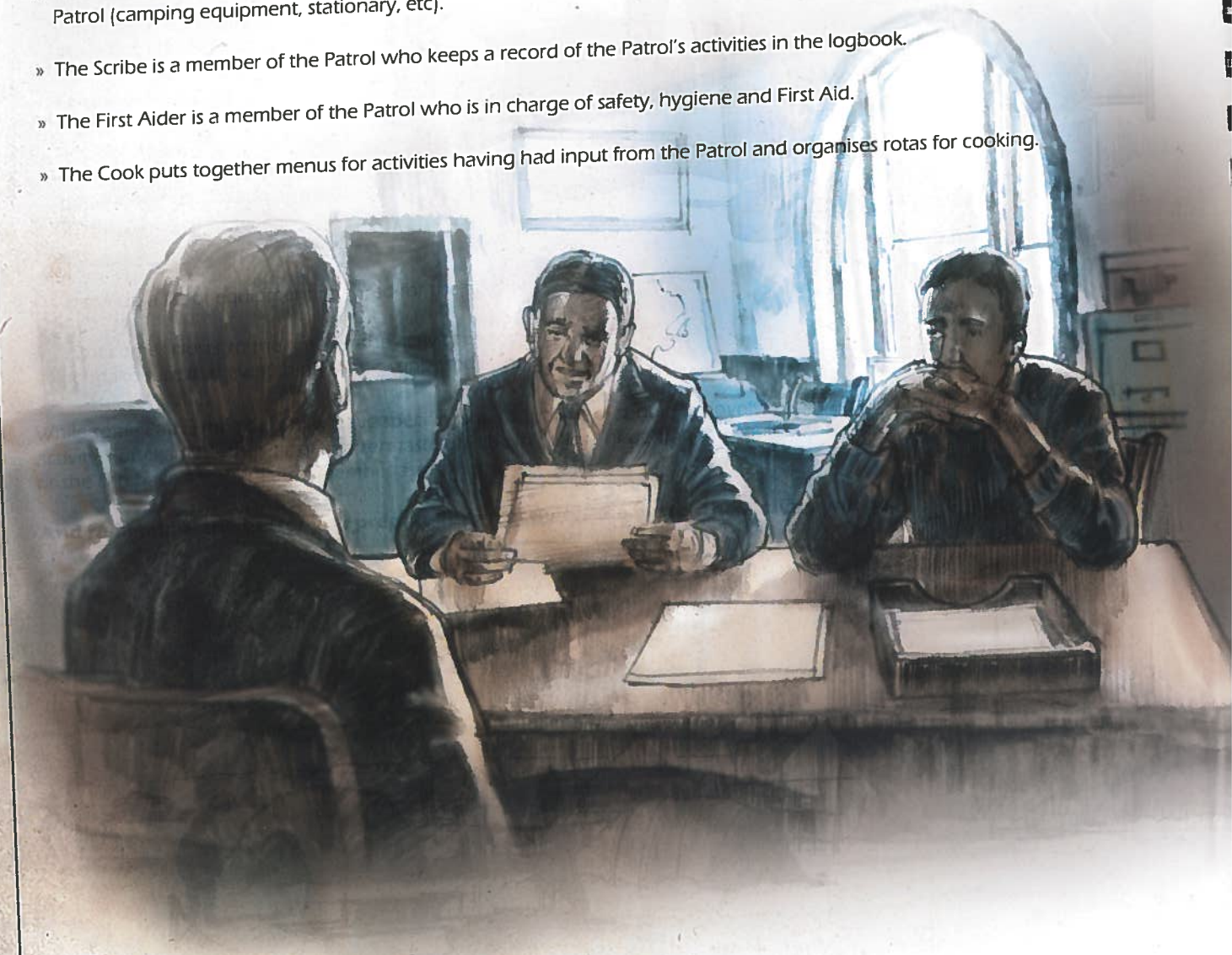
Departure to Venture Scouts

This is a celebration recognising your achievements in the Scout Troop as you prepare to move forward to Venture Scouts. This will be the completion of your journey in Scouts and will be marked by your section. This celebration could involve a hike to witness the sunrise or a hot air balloon ride. Just let your imagination go as you pursue the next part of your adventure.

Picking The Crew

You will become part of a Patrol when you join Scouts. Normally a Patrol will have between six and eight members. Each Scout has a job in the Patrol.

- » The Patrol Leader (PL) is the leader of your Patrol and is responsible for and guides the Patrol. A Patrol Leader should be both respectful and receive respect.
- » The Assistant Patrol Leader (APL) supports the Patrol Leader. If the PL is not present then the APL takes over.
- » The Quartermaster is a member of the Patrol who is responsible for looking after all equipment owned or borrowed by the Patrol (camping equipment, stationary, etc).
- » The Scribe is a member of the Patrol who keeps a record of the Patrol's activities in the logbook.
- » The First Aider is a member of the Patrol who is in charge of safety, hygiene and First Aid.
- » The Cook puts together menus for activities having had input from the Patrol and organises rotas for cooking.



For all our expeditions, there was a selection process to find the best team. Both Scott and Shackleton told us that they tried to select people of character, over people of skill. While expertise is important, it is vital that people can get along and have the ability to adapt, endure, lead, and can be relied upon in times of hardship. How do you pick the right group of people to work on a crew?

A Scout Patrol is essentially a group of friends. That's a good basis for a team, but you also need the right mix of people. You will see that in your own Patrol. Some will be good at skills like cooking or knots, whereas others can inspire the group, lead or organise. And some you will follow in all circumstances.



SCOUT

Name Aoife
Profile The Patrol leader. She is a very good organiser and makes sure everyone is involved.



SCOUT

Name Alan
Profile The Assistant Patrol Leader. He gets on well with Aoife. He is also good at keeping records.



SCOUT

Name Barry
Profile The Patrol Chef. Fancies himself as a TV chef. Loves trying new dishes.



SCOUT

Name Eoin
Profile Loves anything to do with maps, and usually navigates on Patrol hikes.



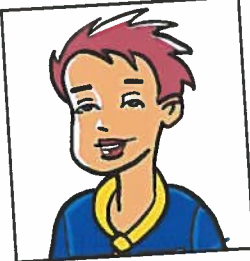
SCOUT

Name Paul
Profile A bit of a joker, he usually is a good source of entertainment on activities.



SCOUT

Name George
Profile The Patrol Quartermaster. He's a very tidy type of guy and looks after the patrol equipment.



SCOUT

Name Cathy
Profile Known as 'The Brains', she usually has great ideas when it comes to solving problems.



SCOUT

Name Liza
Profile The Patrol First-aider. Plans to be a doctor and loves dealing with any emergencies that arise on activities.



The Patrol - a working unit

Patrol Activities are planned and run by Patrol members. The activities can be anything, but should always accommodate the abilities of all the Patrol members.

Patrol Branding is the logo or symbol that identifies your Patrol. Some Troops will have traditions wherein Patrol names and logos were decided years ago and will remain the same. In other cases, the name of the Patrol and its logo can be created. Every member of the Patrol can offer their ideas in this discussion. Patrol logos should appear on badges, flags, boxes, notice boards, etc.

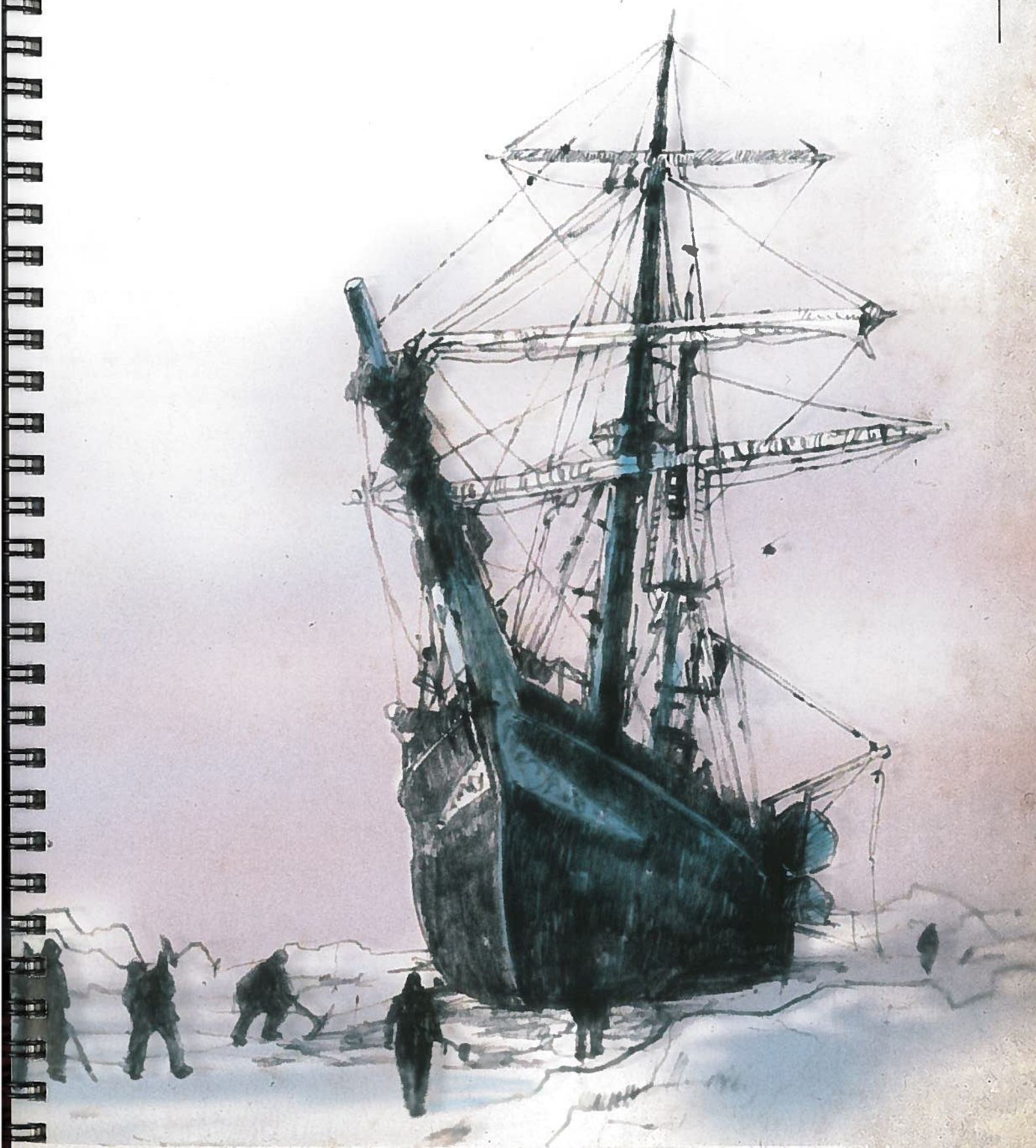
The Patrol Leaders' Council is a meeting for the PL's and a Scouter to discuss the running of the Troop. Sometimes the APL's are invited. An agenda, a list of things to be discussed, should be written out before the meeting. Minutes (a list of decisions made) should be taken during each meeting and circulated to PL's before the next meeting.



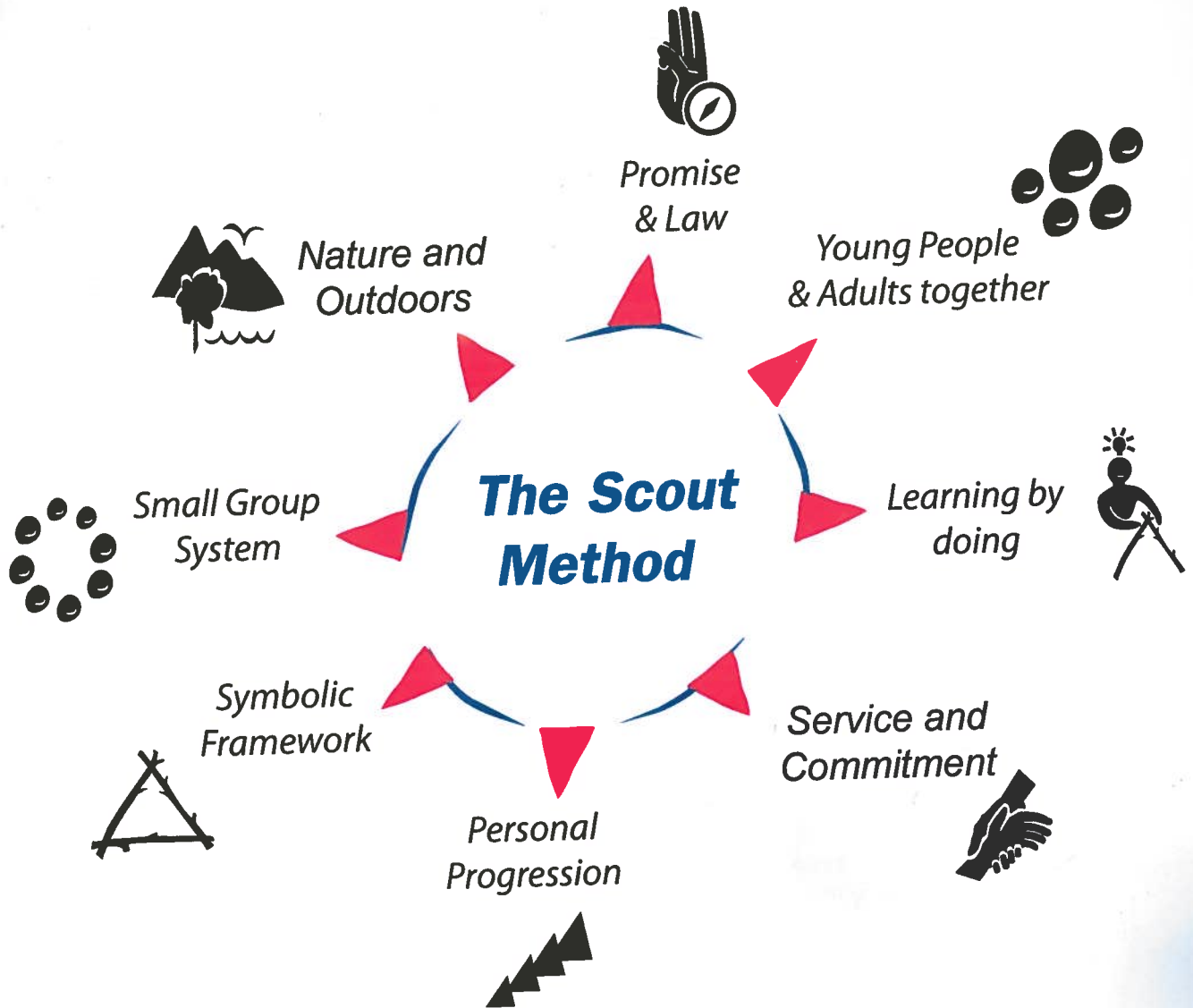
The Patrol is a group of Scouts working together on their adventure. It is a structure I know well, having worked in crew-teams called "Watches" on my expeditions. I see Sea Scouts use this term too.

On a ship, or exploring new lands, it is important to have a good team. You need a leader to provide direction, encourage the team, and organise the work. While the Patrol Leader takes this role, they can give members of their Patrol their own leadership chances too.

The "Boss" was great at this and would give responsible jobs to each member of the crew. He'd check to see how they got on and give them bigger challenges the next time. Looking back now, I can see we all had a chance to shine and it helped us to move up in the ranks of the Navy.



The Scout Method



Scouting has a great way to give young people direction for their adventures. It is called the Scout Method. It has eight parts, each equally important, just like the points on the compass I brought with me on my journeys.

The eight parts of the Scout Method are; the Promise and Law, Learning by Doing, Adults helping Young

People, Working in Small Groups (like your Patrol), Personal Progression through challenges, Activities (both indoors and outdoors), Responsibility and Leadership, and a Symbolic Framework to build the story of your adventures.

The Scout Method is the 'how' of Scouting.

Nature and Outdoors

Outdoor activities, adventures and the exploration of nature refer to the immense possibilities that the natural world offers you in creating your adventures.

Small Group System

The Patrol is your gang, and this is headed up by a Patrol Leader. Most of your adventures will be with this gang.

Symbolic Framework

This is where your imagination comes into play! Whenever you are taking on adventures try, to build a story around them to add to the excitement.

Personal Progression

You will progress through a series of challenges in Scouts. The Tom Crean Awards, Adventure Skills Badges, and Special Interest Badges are all there for you to achieve.

Promise and Law

When you join the Troop you make a Promise to live by the Scout Law. Always remember both your Promise and Law as you go about your adventures in Scouting.

Adults and Young People

Your Scouters are there to advise you about how to do things and to help you on your adventures. But they won't do everything for you ... it's your Scout Troop after all!

Learning by doing

The best way to learn anything is by trial and error. In your Scout Troop you won't be told how to do something, you'll be asked to try it for yourself.

Service and commitment

The fostering of individual good turns and helping each other out, and commitment to scouting's principles, commitment to fellow scouts and to a Scout Group.



Promise And Law

The Scout Promise

On my honour I promise that I will do my best, to do my duty to God, to serve my community, to help other people and to live by the Scout Law.

Alternative Scout Promise

On my honour I promise that I will do my best, to further my understanding and acceptance of a Spiritual Reality, to serve my community, to help other people and to live by the Scout Law.

The Scout Law

- » Scouts are Friendly.
- » Scouts are Kind.
- » Scouts are Honest.
- » Scouts can be Trusted.
- » Scouts are Respectful.
- » Scouts are Brave.

The Scout Principles

Adherence to spiritual principles, loyalty to the faith that expresses them and acceptance of the duties resulting there from.

Loyalty to one's community in harmony with the promotion of peace, understanding and co-operation.

Responsibility for the development of one's self.

Participation in the development of society with recognition and respect for the dignity of one's fellow beings and for the integrity of the natural world.

Use of a method of progressive self education, known as the Scout Method, comprising programmes adapted to the various age groups.

What is character? I don't think you're born with character, but I do think you can develop it to become a well-rounded person with traits admired by others. These noble traits are contained within the Scout Promise and Law.

I've explored these traits within myself and others. I believe that through your own Personal Journey in Scouting you'll discover many of the key qualities within you which make a person of character. Things like concern for other people, kindness, strength, bravery, an upbeat attitude, active citizenry in your community, protection of our environment, and respect for the rights of all people.

The Scout Sign

The Scout Sign is made with the right hand. It represents the three parts of the Scout Promise;

1. Doing your best.
2. Helping others.
3. Doing your duty to God.

The Scout Sign is used;

- » When making the Scout Promise.
- » During ceremonies.
- » As a greeting between Scouts.



The Scout Salute

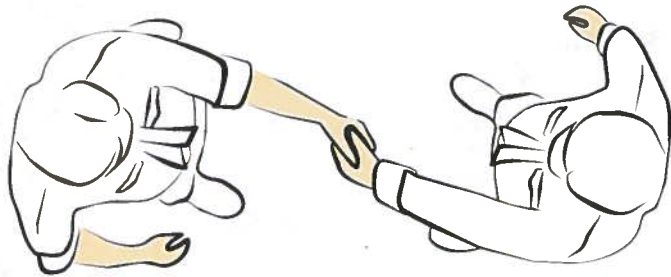
The Scout Salute is given;

- » When the national flag is being raised or lowered.
- » When the national anthem is being played.
- » When flags are carried ceremonially past you.



The Scout Handshake

Scouts exchange handshakes using their left hand. This originates from BP's army days. BP extended his right hand as a token of friendship to the Ashanti Chief after his tribe had surrendered to BP's army. The chief insisted that they shake with the left hand, as in order to do so they must throw away their shield. Scouts shake hands with the left hand as proof of good faith and true friendship.



A Scout Prayer

Lord, teach us to be generous, to serve You as You deserve, to give and not to count the cost, to fight and not to fear harm, to work and not to ask for rest, and to seek no other reward than that of knowing that I do Your Will.

World Scout Emblem



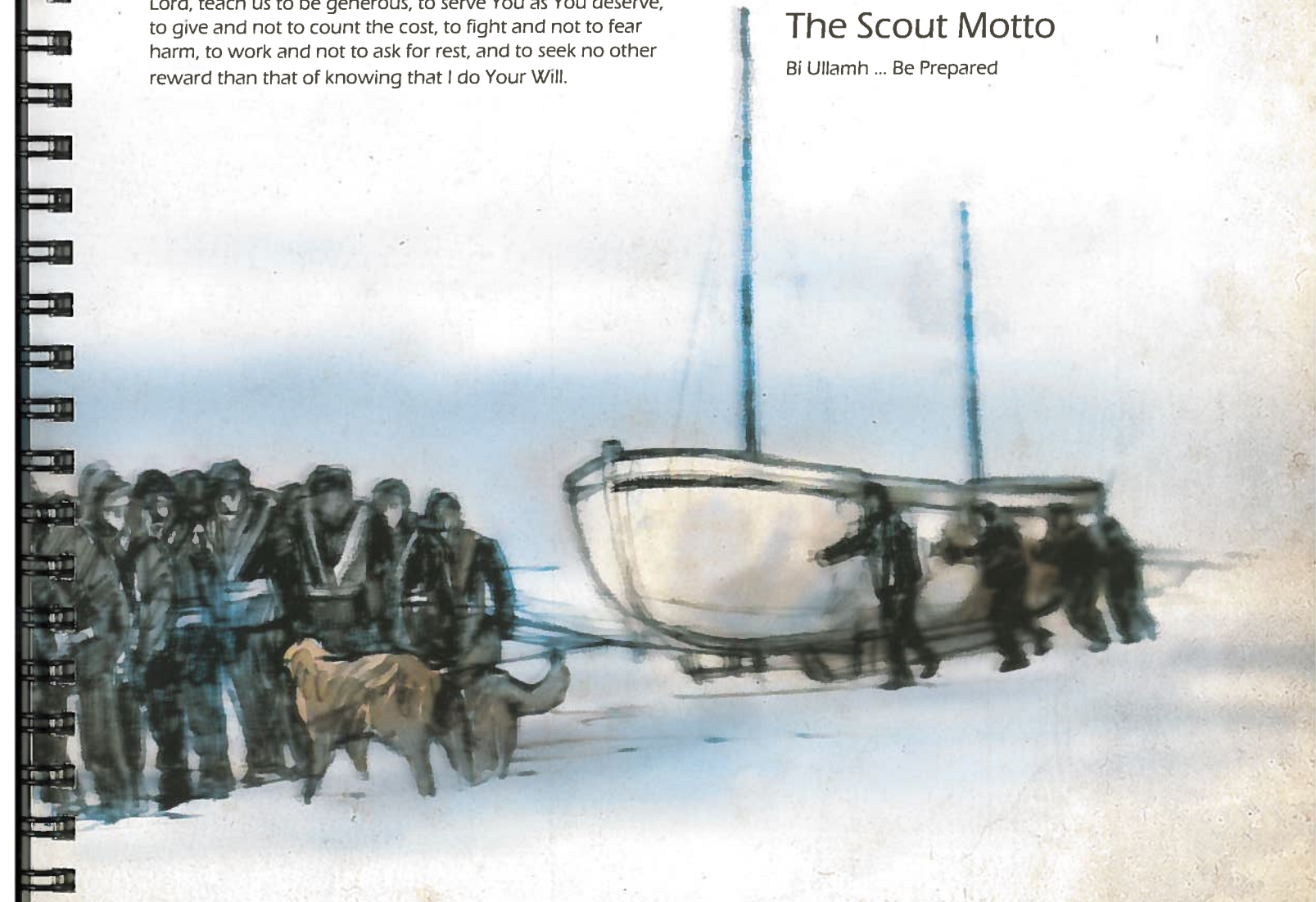
The three tips of the arrowhead in the emblem represent the three main parts of the Scout Promise. The two decorative five-pointed stars are taken in some countries to stand for truth and knowledge. Through its shape, the emblem reminds Scouts to be as true and reliable as a compass in keeping their Scouting ideals and guiding others.

The rope tied with a square or reef knot symbolises the unity and brotherhood of the movement throughout the world.

The white on the emblem represents purity and the purple denotes leadership and helping other people.

The Scout Motto

Bi Ullamh ... Be Prepared



Personal Journey

Your Personal Journey involves:

- » Deciding what types of things you would like to do with your Patrol.
- » Taking part in activities with your Patrol.
- » Having a look at where you are at in terms of the six SPICES
- » Having more experiences taking part in activities with your Patrol.
- » Having a look at the SPICES again to see if you have moved on from where you started thanks to the experiences you have had.



Everyone's Personal Journey will be different because everyone is starting from a different place and will experience different things on the same activity.



We all need time to reflect sometimes. While on my adventures we had plenty of time to think when surrounded by bad weather or long cold nights.

The "Boss" (Shackleton) tried to stop us spending too much time thinking by keeping us busy on projects. Some time spent thinking is good, but talking things over with your friends can be useful for sorting out your head too. You will be amazed how different people experience the same adventure or event in very different ways. Your Journey will be as unique as you are.

The SPICES...that is the name that provides the basis of your Personal Journey.

It easy really, Social, Physical, Intellectual, Character, Emotional, Spiritual - six areas that need to be discovered and explored.

Ask yourself;

How do I think about them? How do they affect me and my behaviour towards others? What is the value of each? What way do they mix to make up Me?

Yes, it's a personal Journey for everyone to make.

As for me, I made my discoveries on my adventures in Antarctica, and throughout my life. It is a never-ending journey and your actions in life are driven by your unique collection of qualities.

Everything that happens has an effect on how you think and react. Your friends, family, school, games, and adventures all have an influence. Take time out sometimes to work out what has happened and what you've learned along the way.

The SPICES...a Scout's definition



Social

Developing my interaction with others and the community.



Character

Becoming a well-rounded person.



Physical

Being respectful of my body.



Emotional

Being able to express my own emotions and respecting the emotions of others.



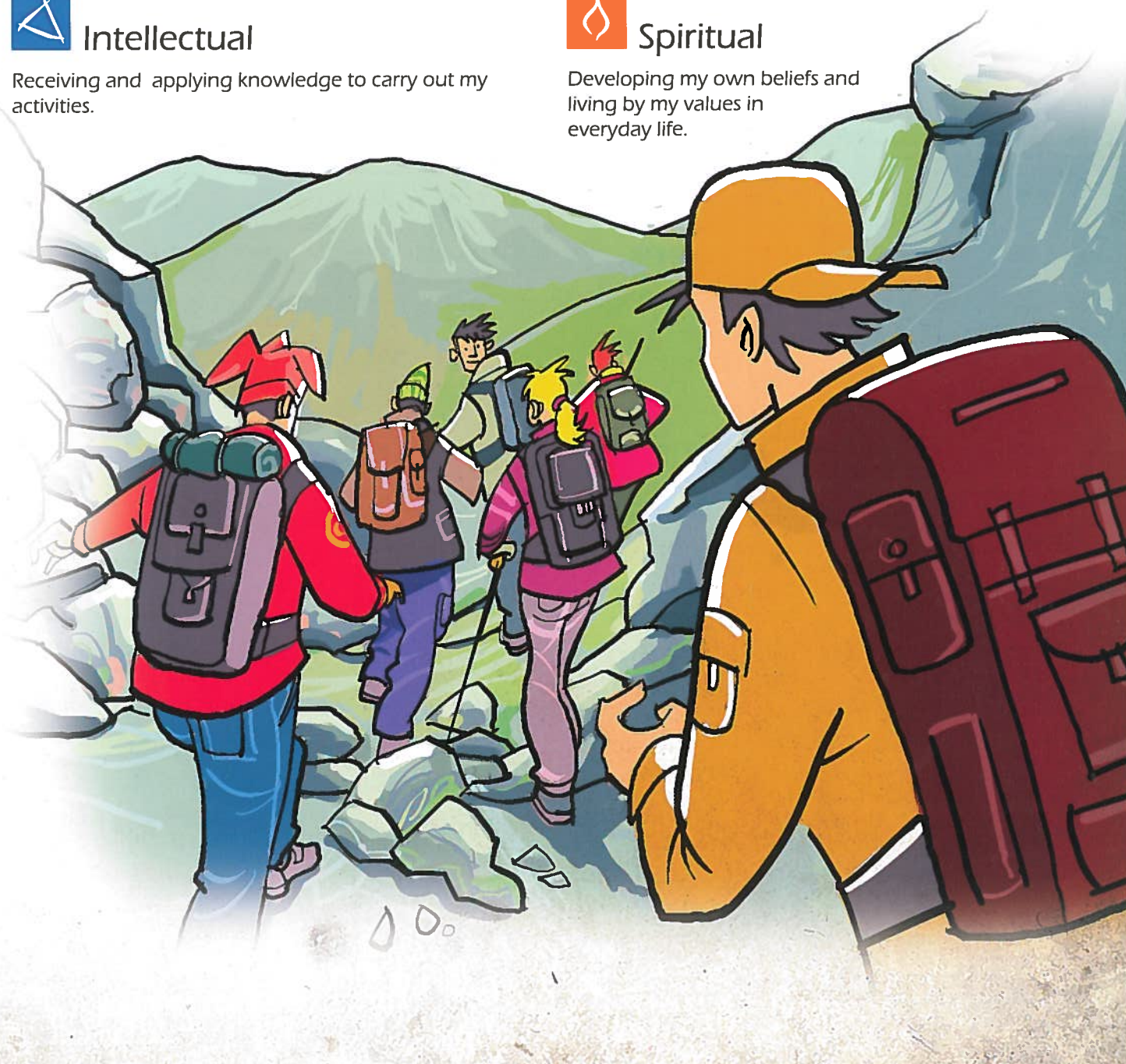
Intellectual

Receiving and applying knowledge to carry out my activities.



Spiritual

Developing my own beliefs and living by my values in everyday life.



The SPICES



Social

Having a sense of belonging in a group, through friendship and interaction. Developing an understanding of social issues in my communities, and recognising my responsibility to appreciate cultural diversities. Having fun.

1. Develop your relationships with those around you.
2. Improve your communication skills.
3. Accept, respect, and learn from other cultures.
4. Be involved in your community.
5. Apply the Promise and Law in your everyday life.



Physical

Understanding my body and my physical capabilities, while developing skills through appropriate physical challenges.

1. Eat well to play [Scout] well.
2. Be aware of your personal hygiene.
3. Maintain a balanced/active lifestyle.
4. Be comfortable with how your body works.
5. Be aware of your physical limits and those of your Patrol.
6. Know the health consequences of your lifestyle choices.
7. Know how to access help if/when a problem arises.



For me, I made all my discoveries through my many adventures both in Antarctica and through the various phases of my life. It is a never ending journey, and every action and situation in life is decided on and driven by the personal collection of qualities that make up YOU.

Everything that happens has an effect on you and how you think and react. Your parents, family life, school, friendships, games and adventures all have an influence and at times you will need to take time to reflect on what has happened and what you have learned by your own personal experiences.



Intellectual

Having the ability to create ideas, leading to a plan of action and carrying it through to its conclusion using common sense. Being able to plan, analyse, and understand the consequences of my actions. Having the ability to understand how a team works, and my role within it. Having the ability to evaluate a situation and follow instructions as appropriate.

1. Know what information you need to achieve your goals.
2. Be open to new ideas and ways of learning.
3. Develop creativity, imagination, innovation and try new ideas.
4. Learn from the decisions you have made.
5. Work as a team member.



Character

Accepting myself as I am and recognising what I can become. Growing in line with my values. Showing respect and understanding for others.

1. Live the Promise and Law.
2. People are more important than things – value your friends and friendship.
3. Think before you do.
4. Ensure fairness to everyone.
5. Treat others with respect.
6. Learn how to deal with differences, be aware of other people's views, realising that differences may lead to conflict, and learn how to deal with them.
7. Have a plan to follow your dreams.
8. Live the Scouting Spirit.



The SPICES



Emotional

Having the confidence and security to be aware of and express my emotions, and to understand and accept them. Learning how to deal with situations and people I meet every day, while having respect for other people's emotions and being aware of the impact of my actions.

1. Be aware of the feelings you experience and their affect on your life.
2. Don't be afraid to ask for and give help.
3. Take responsibility for your own emotions.
4. Control your emotions.
5. Be prepared to challenge yourself and strive to go one step further.
6. Be open to change in your beliefs and values.
7. Show your individuality by developing your talents.



Spiritual

Having an understanding and acceptance of myself and my value as a unique human being, and an equal acceptance of the value of others. Having respect for myself, others and the world in which we live. Having a sense of responsibility for my environment and my place in it. Developing a personal awareness of a higher being and an expression and exploration of a faith.

1. Demonstrate that you live the Promise and Law.
2. Ensure that you have a positive impact on the environment in all you do.
3. Reflect on the wonder of God all around you.
4. Reflect on your experiences and how they change your beliefs.



Sample Meeting Activity – Patrol/Troop

Opening Game, eg. Dodgeball

Social – having a sense of belonging to a group through friendship and interaction

- 1 Develop relationships with those around you
- 2 Improve communication skills

Physical – the physical nature of the game itself

- 5 Be aware of your physical limits and those of your Patrol
- 6 Maintain a balanced/active lifestyle

Patrol Activity Work, eg Maps/Charts

Intellectual – planning and preparing for a hike

- 2 Be open to new ideas and new ways of learning
- 4 Learn from the decisions you have made

Sample Day Activity – Patrol/Troop Hike

Social – Interaction in a different environment with Patrol/Troop

- 1 Develop your relationships with those around you
- 2 Improve your communication skills

Physical – The hike itself

- 3 Maintain a balanced/active lifestyle
- 7 Know how to access help if/when a problem arises

Intellectual – planning, preparation, map reading on hike, review

- 1 Know what information you need to achieve your goals
- 5 Work as a team member

Character – pushing yourself to go further than on previous hikes, looking out for/after Patrol

- 2 People are more important than things – value your friends and friendships
- 3 Think before you do

Emotional – pride in the accomplishment

- 1 Be aware of the feelings you experience and the effects on your life
- 5 Be prepared to challenge yourself and strive to go one step further

Spiritual – appreciation of the wonderment of surroundings

- 2 Ensure that you have a positive impact on the environment in all you do
- 3 Reflect on the wonder of God all around you

Sample Multi-night Activity – Patrol/Troop Weekend Camp

Social – camping in Patrol, working as a Patrol, meeting other Troops, campfire, participation

- 1 Develop your relationships with those around you
- 4 Be involved in your community

Physical – setting up camp, activities on camp

- 1 Eat well to play [Scout] well
- 2 Be aware of your personal hygiene

Intellectual – plan, review, [also intellectual night activities eg campfire songs]

- 1 Know what information you need to achieve your goals
- 3 Develop creativity, imagination, innovation and try new ideas

Character – being away from home, new environment, new responsibilities

- 1 Live the Law & Promise
- 7 Have a plan to follow your dreams

Emotional – learning how to deal with challenges of being away, being part of a new "family"

- 1 Be aware of the feelings you experience and the effects on your life
- 7 Show your individuality by developing your talents

Spiritual – Scouts Own, religious ceremonies, campfire, appreciation of new environment

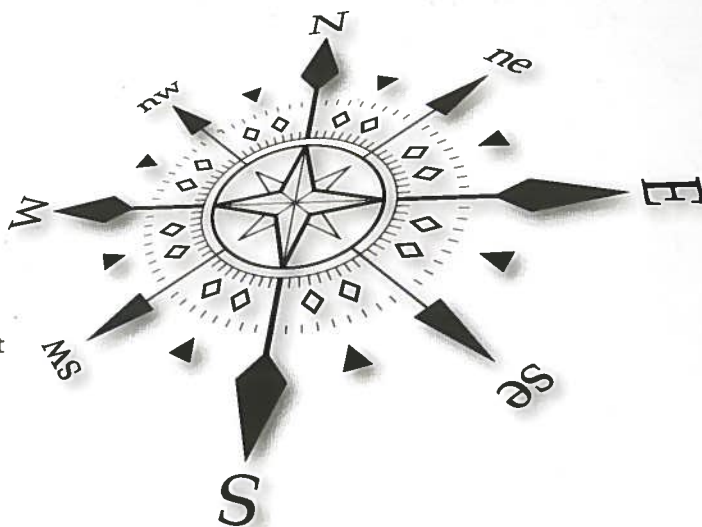
- 2 Ensure that you have a positive impact on the environment in all you do
- 4 Reflect on your experiences and how they change your beliefs

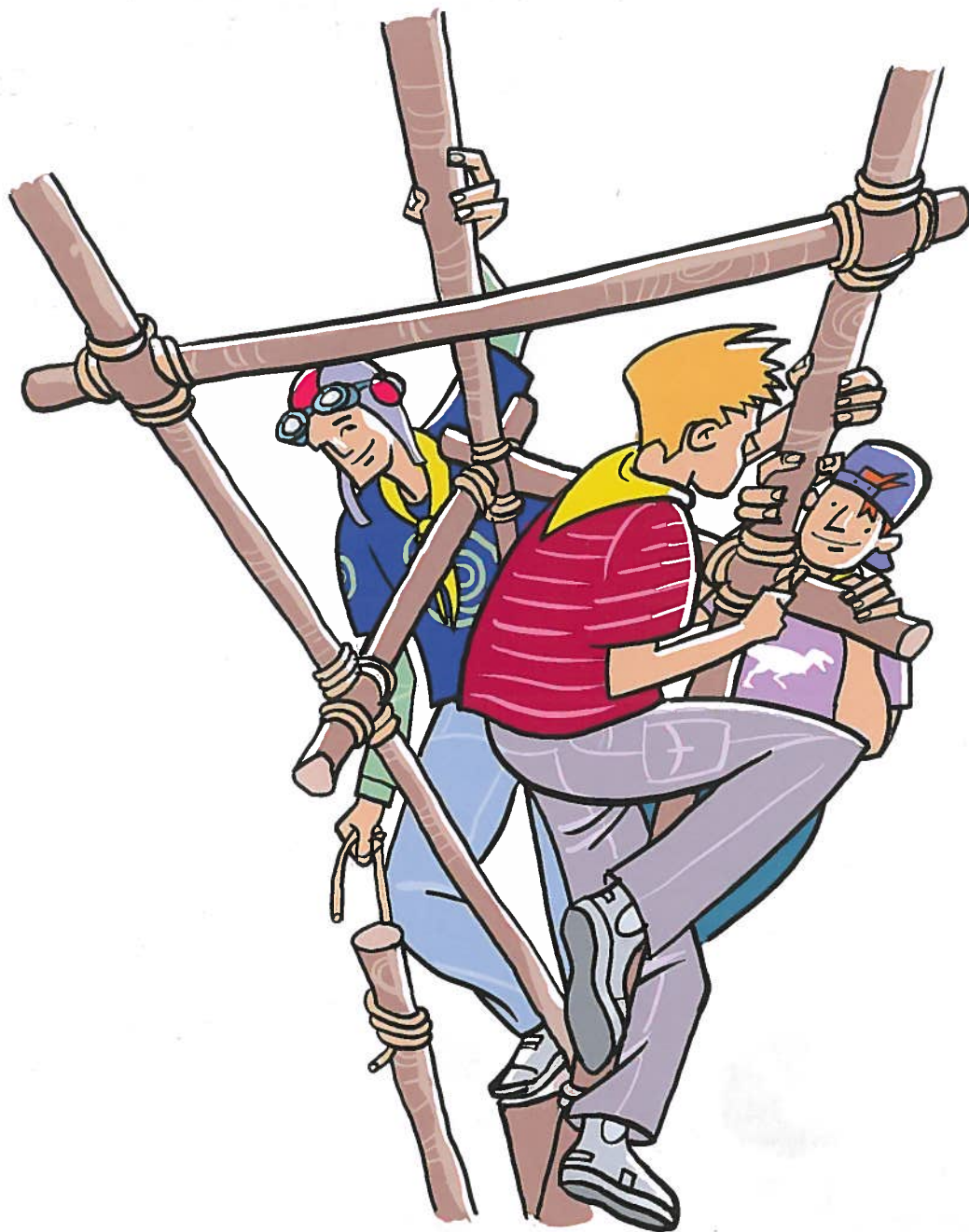
Pushing Your Boundaries

What do you know about yourself? Do you know what you like, what you don't like? To decide what you want to do in Scouts, you should get to know more about yourself. You might try looking at the following areas;

1. Talents & abilities – these are things you are especially good at.
2. Things you like doing – these are the things that you enjoy doing the most.
3. Things you'd like to do – these are the type of things that you have dreamed of doing but haven't tried yet.

To help you along, we've listed some examples. Have a look through them, but this list is just a beginning. There are plenty of other things you'll dream up once you start thinking about it.





There's a lot in you, isn't there? Some qualities you like, you already possess, and you can try to improve them. Others you have yet to explore. You will make interesting discoveries along the way. It will be an adventure, just as exciting as a physical one across uncharted lands.

Within Scouting, and in your Patrol, you will undertake many activities and adventures. They will be physically demanding, challenging you as a group in many ways. You will have to work together in all conditions – wet and windy days, as well as

sunny ones. You will have small disagreements, joys, and celebrations but ultimately you will enjoy your experience. From time to time you will find yourself in Nature's wonderful wide open spaces. Through all these experiences you will learn many new things about yourself and your Patrol

So, after the adventure the Patrol will sit down, perhaps around a campfire and explore what has happened, re-live the adventure and remember all the fun, thrills and excitements...and then its time for the next adventure!

List Of Talents And Abilities

Art	Dedication	Logical thinking	Languages
Acting	Designing	Loyalty	Sewing
Baking	Fitness	Organising	Self-confidence
Carpentry	Guitar playing	Managing	Singing
Caring	Gardening	Mechanical ability	Sport
Comedy	Hard-working	Music	Teaching
Communication	Intelligent	Numerical ability	Team worker
Computer literacy	Instructing	Photography	Time management
Cooking	Juggling	Planning	Writing
Creativity	Leading	Problem solving	
Dancing	Listening	Quick thinking	



List Of Things I Like Doing

Astronomy

Basketball

Bird watching

Boating

Canoeing

Cycling

Charity work

Cooking

Collecting

Drawing

Discovering new
music

Fashion

Fishing

Golf

Gardening

Gymnastics

Hiking

Horse riding

Kite flying

Karaoke

Leather crafts

Martial arts

Making robots

Magic

Mountain biking

Painting

Photography

Playing PC games

Watching movies

Reading

Rowing

Rock climbing

Sailing

Scale modelling

Skateboarding

Soccer

Skating

Staying fit

Swimming

Surfing the net

Tennis

Travelling

Woodworking



Preparing For Adventure

Preparing means getting ready, and there are a number of things you will need to do when preparing for an adventure:

- » Decide what activity it is you want to do (the big idea) and look at what is involved in doing it (the bits and pieces that make up the big idea).
- » Make a list of all the things that you have to do to prepare for the activity (a to-do list).
- » Decide who will do each of these things.
- » Construct a timetable to show in detail when you will do all these things.
- » Draw up a list of equipment required for the activity.
- » As it comes closer to the time for the activity check your 'to do' list to make sure that everything that is supposed to happen does happen.



While some Patrol members may have specific jobs, all the Patrol should be involved in preparing for an activity. For example, the Patrol quartermaster will be in charge of getting the equipment ready, but he or she can have another Patrol member assist them.

And remember, the better you prepare for an activity, the better the activity will be.



Patrol equipment checklist for a backpacking trip:

- » Lightweight tents (1 two-person tent for every two Scouts)
- » Trangia Stove (1 stove for every four Scouts)
- » Fuel for stove in a marked container (1 litre per stove)
- » Matches in a watertight container
- » First Aid Kit
- » Maps (minimum of 2)
- » Map cases (1 per map)
- » Safety rope (30 metres of 7mm rope)



When I signed up for Naval service, I expected it would provide me with adventures, but I had no idea what they would be. I joined Scott on the "Discovery" because I wanted to see the Antarctic. I didn't expect the hardships of our ordeal. I can tell you, I didn't enjoy all aspects of our adventures! There were times when we lost our animals and crewmates. It was very hard.

When it was happening, I was in very dangerous and life threatening situations, but when I look back now, the overall experience was something I really enjoyed. So, an adventure is something that happens; it starts as a journey or activity and because it is taking place in the outdoors its outcome is unpredictable. Camping can be a pleasure on a green meadow in summer, interesting on a mountain top or in a storm, and extremely cold in the Antarctica, believe me.

Plan, Do, Review

As a Scout you will do fun, interesting, challenging Activities. The reason for these activities is to increase your knowledge, skills, or to develop a particular attitude. This learning works best (and painlessly!) when you're fully involved in the planning and doing process in a fun and rewarding way.

Each Scout is involved in planning and reviewing his/her own programme. You should decide on the activities and the objectives you will try to achieve. The programme cycle works by encouraging each Scout to participate in the planning of activities, the running of the activities (or parts of them) and the review of what has been done. Each part of the cycle provides good learning experiences.



Three simple words that sum up a sensible ways to go about starting an adventure. Select ideas well; plan the adventure taking in all considerations; do the adventure using the skills and expertise of Patrol; and later review the adventure. Ask yourselves - what did we learn together, what can we do better, what did you learn about yourself? Record it on paper and in your head. Then start planning your next adventure. It will be even better.

Scouting provides lots of opportunities to have all sorts of adventure. Coming up with ideas can be a challenge.



Chadburn

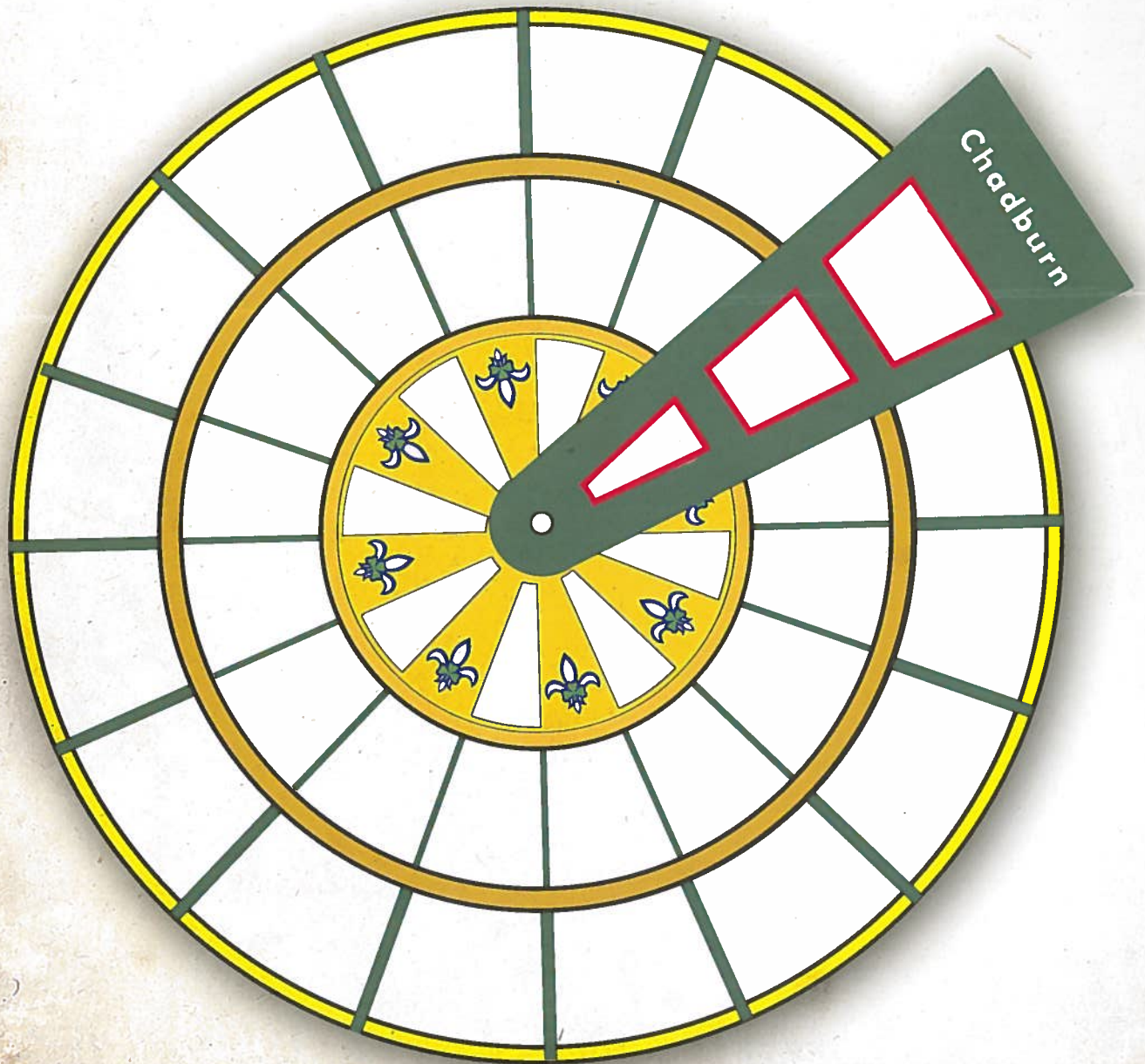
The Chadburn Wheel is used on a ship to send signals from the bridge to the engine-room. You could use this as a tool to discover what type of adventure you prefer. You can then present your ideas to your Patrol. A pool of ideas gives your Patrol plenty of choice when planning your next adventure.



Scouting 'Chadburn'

Our Scouting 'Chadburn' comprises of three wheels that are locked together to make a device of exploration. On the inner wheel you place eight talents and abilities that you possess – you can look at the list of talents and abilities to help you choose. The middle wheel provides space to add in the things you like doing. Again you can have a look at the list provided to help generate some ideas. Lastly, the outer wheel is to enable you to write in your dreams of adventure, the things you would like to do.

The signal arm is used to combine your ideas into a three element idea. So, for example you might list art as a talent, cycling as something you like doing and visiting a ruined castle on a distant hill as something you have always want to do. Then by combining these ideas you might come up with an adventure that involves cycling to the castle and

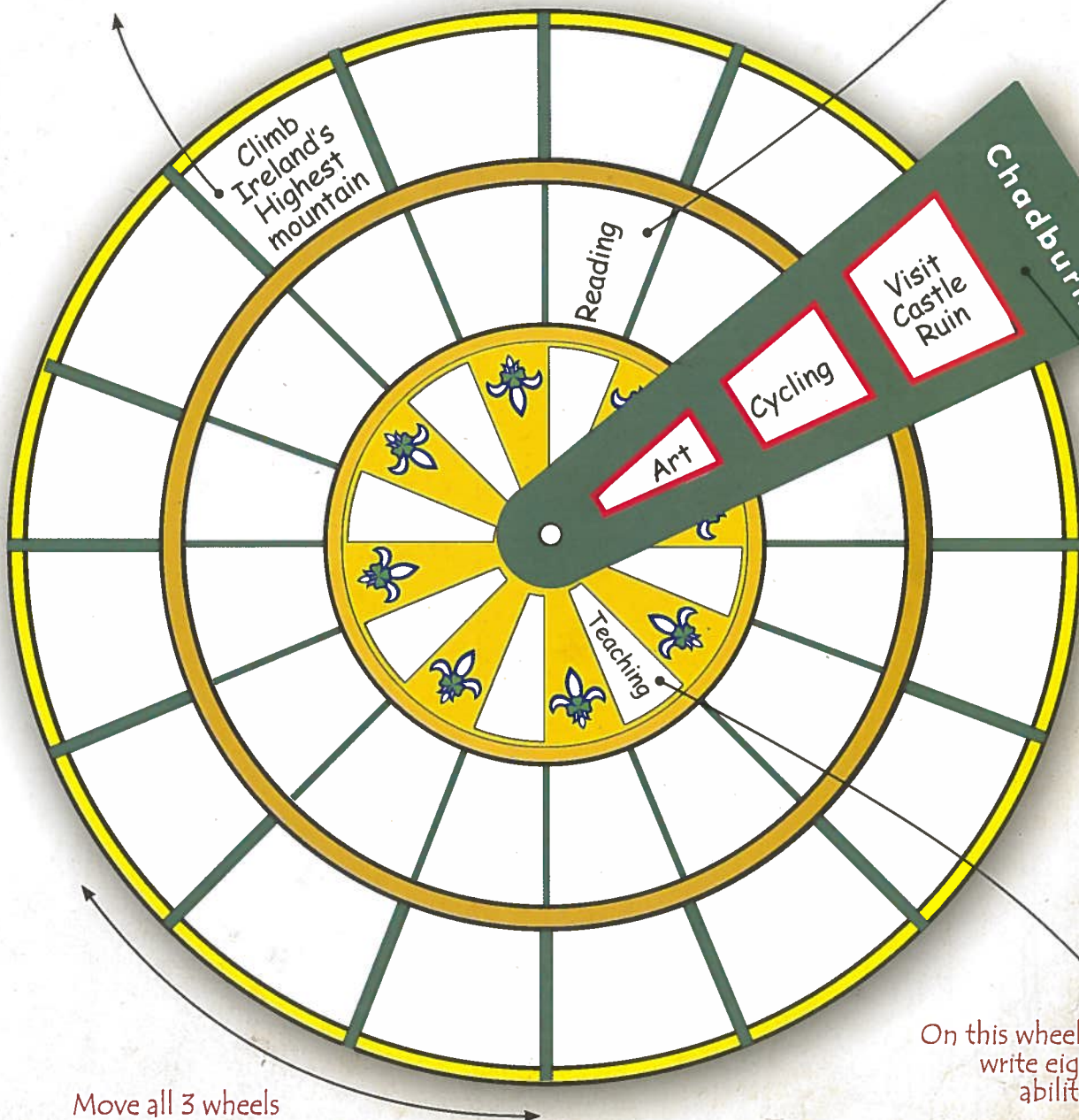


sketching it. By moving the wheels and arm it is possible to create hundreds of ideas, all of them containing things you like, are good at, and always wanted to do. Similarly, everyone else in your Patrol will do the same and now you have a lot of ideas to choose from.

When the Patrol work together on ideas they should try and find common ground, by perhaps combining and adding elements to make a great adventure for the Patrol. Have a look at the SPICES. Is there anything you can add into your idea to make it better and help the Patrol interact with the SPICES and help everyone on their Personal Journey.

On this wheel you should write sixteen ideas for adventurous activities

On this wheel you should write sixteen things you like doing



Move all 3 wheels

Line up 3 elements using the signal arm

On this wheel you should write eight talents of abilities you have

Putting It All Together

Once everyone has come with ideas using the Chadburn wheel, you need to sit down and decide, as a Patrol, what you're going to do.

- » The first Patrol member will explain their idea and how the activity might work. Let's say in this case it is a night hike to a castle nearby.
- » The idea is then added to a chart which can be hung on the Patrol notice board. This will be as simple as giving the activity a label such as 'Night Hike' so that everyone can easily remember the activity. The rest of the Patrol members do the same, explaining their ideas, and adding them to the chart.
- » When all the ideas are presented and the names added to the chart, the Patrol will vote for the idea they want.





Coming up with an idea might be the easy part, preparing and planning requires some teamwork and organisation.

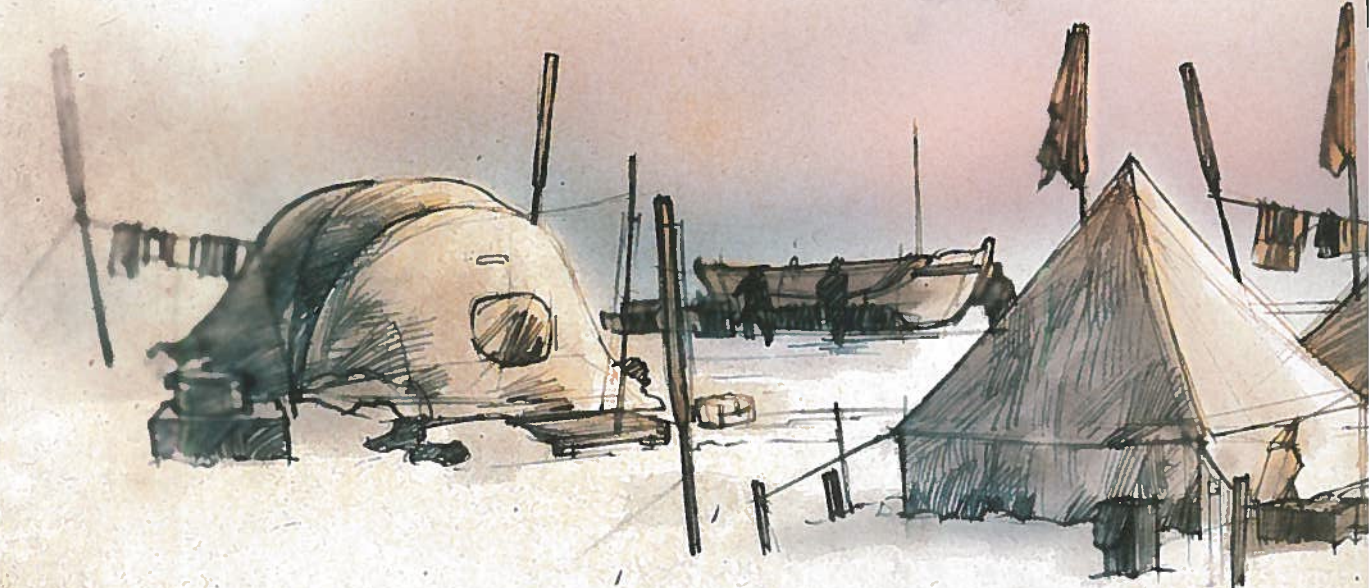
Before we ventured into the unknown in Antarctica we prepared well, checking food supplies, equipment, and weather conditions. We had to cross a tough land. The weather was unpredictable. Sudden changes in wind conditions slowed our progress. Often, we would spend time fixing sledges, securing our gear on them, and training the dogs for days before departure.

We also checked our own equipment and made up daily food packs. Sometimes we learned how to use special equipment for surveying the land, and map-making.

Your Patrol will have plenty to do before your adventure, too. Things like learning new skills, checking out transport, working out menus, packing rucksacks, and gear. Remember your Scout Method, learning by doing, and lots of practice, is the best way to become an expert.

Just Do It

- » Hill-walking in the Mourne Mountains!
- » Orienteering in Dundrum!
- » Sailing in Killaloe!
- » Camping in Larch Hill!
- » Rafting on the River Leel!
- » Beach Hike in Tramore!
- » Backpacking in the Galty Mountains!





Off you go and enjoy the experience. Many incidents will happen that you have not planned, that is the nature of an adventure. Don't panic, you are prepared, remember the Scout motto 'Be Prepared'. The planning phase will be helpful, you will have the right equipment to cope. Before the adventure you will have honed your practical skills and now as a team you can work it out.

The Patrol is strong and the combined talents of its members make it stronger. There will be fun, laughter, enjoyment but there may also be pressure, hardship and conflict as you overcome each challenge. These are opportunities for learning, remember what happened, how you reacted, how you and the Patrol solved the problem. You can replay it when you look back at the adventure later.

Let's See What Happened

There are three basic types of review that you should carry out:

1. How well did the activity go? Did everything go to plan? If not, we should ask what we could have done to make it better.
2. Did we enjoy the activity? This is a simple case of deciding if you enjoyed the activity and, whether or not it is something you might like to do again in the future.

3. What did I learn from the activity? Look at what you learned by taking part.

The whole purpose of any review is to become aware of lessons learned from what you have done. You should then keep these lessons in mind when you go about planning your next activity. It's ok to make mistakes when you plan an activity. But if you carry out your review properly then you are less likely to make the same mistakes twice.



Adventures are what make up life's storyboard. When I was on the 'Endurance' we would sit around the stove each evening and tell stories of all sorts, reliving our adventures together. Laughing about the time someone fell into the sea or slipped on an ice floe, or of how scared we were when we heard the big cracking noise in the hull of our ship the night before.

However, underneath all of the craic and stories we had all experienced many life-changing events. So, we laughed and we sang songs. But at quiet times, while staring into the fire, or on our bunks later, we would think about what we'd really learnt, and how we had changed.

The Patrol review is a bit like that. Sitting down to re-live the adventure, what went well, what was good, what was bad, what did we learn, what do we need to do better the next time. This is a general Patrol discussion. You can all chip in. You can talk about the skills you learned and praise each others' achievements.

Lastly, you should take a few minutes, perhaps later at home, to see how you are getting on, on your personal journey. Sometimes it is useful to talk to others about this, perhaps a parent, friend or your Scouter. A good idea is to make sure you 'take one step forward' each time. "No going backwards", is a good motto for reaching your goal.



Review Techniques

1. Group discussions

Group discussions involve the Patrol sitting down and talking together about the activity. It is a good idea for a member of the Patrol to take notes of the important things said during the discussion. It is also important that everyone has their say and that everyone's opinion is taken into account.

2. Visual/Active reviews

Visual and Active reviews involve some sort of game or prop (such as a happy chart). Their main advantage over a group discussion is that everyone's feedback will be presented equally. They can also make the review process more fun and interesting.

It is probably a good idea for the Patrol to use a Visual or Active review first, to allow each Patrol member to have an input. This can then be followed up with a Group Discussion to talk through the results. A good Patrol Leader will include all the results of the Visual/Active review in the discussion, so as to ensure that every Patrol member's opinions will be taken into account.



Active Review - The Horseshoe


The Horseshoe is a way for your Patrol to physically show what they made of an activity, or part of an activity. It works like this;

- » Scouts stand along a line which makes the shape of a horseshoe.
- » One end represents one extreme (the activity was enjoyable) and the other end represents the other extreme (the activity was boring).
- » The horseshoe shape means that everyone is likely to be in eye contact with each other, which makes discussion much more practical.
- » When everyone has taken up their position along the horseshoe a discussion can be had as to why each Patrol member has decided to stand where they are.

Visual Review - The Happy Chart

A Happy Chart is a clear way for each Patrol member to show how they felt about the activity. It works like this;

- » Break up the activity into about ten sections.
- » Each Patrol member gives a score for each part of the activity from -5 to 5.
- » A score of -5 means that they really didn't enjoy that part of the activity and a score of 5 means that they really did enjoy that part of the activity.
- » Each Patrol member plots their scores on to the chart.
- » Each Patrol member should use a different colour/symbol on the chart, so the different Patrol members' happiness levels can be clearly seen.



When I think back now on the adventures I experienced, the idea of 'Taking one step forward' was a very real concept. You had to reach your goal, in our case a food dump, to get help or get back to the safety of a hut and ultimately back to civilisation.

Have a go at a series of adventures throughout the year using the Plan, Do, Review method. Take all that you learn on each one, and carry it forward to your next one. Over time, your adventures will become more complex and thrilling as your skill levels improve. Most of all, your experiences and friendships within your Patrol will grow with you.

You, The Patrol And The Community

Some Community Service Projects

- » Tidy up a local park.
- » Put on a Christmas dinner for the elderly.
- » Raise money for a local charity.
- » Volunteer to assist at a Special Olympics event.
- » Do a pick-up of litter in the local area.
- » Volunteer to help at an animal shelter.



As an individual, our actions affect those around us. As a Scout, you do your best to be of service to those in your community. This is a key part of the Promise and Law.

This area should be approached in the same way as any other adventure. Coming up with ideas that are attractive and worth doing, planning it out, adding in all those extra bits to get the most from the activity, doing it, enjoying it, having fun, overcoming challenges and finally reviewing it, and learning from the experience.

When I was returning from the South Pole, Evans took ill and we found ourselves in a desperate situation. We could sit there and die, or I could go for help. I was driven in that situation to get help for my friends. I set off on a deed of service to others. I was not thinking of glory nor was I brave. In fact, I was probably stupid to try to reach the base camp, but my friend needed me to succeed. I managed it, and as a result everyone was saved.

Service to others is a bit like that. It might not be easy, but you know you must try. The reward is always worth it. Not things like medals, but the great feeling you get inside when you help others.

Later, when I returned to Annascaul, I involved myself in many community projects, helping my neighbours where I could and making things better for all, in the common good. I enjoyed every moment of it and the friendships I made in the process made everything worthwhile.





The World About Us

The Principles of Leave no Trace

1. Plan ahead and prepare.
2. Be considerate of others.
3. Respect farm animals and wildlife.
4. Travel and camp on durable ground.
5. Leave what you find.
6. Dispose of waste properly.
7. Minimise the effects of fire.



The world where we live is a very special place. You would think that nothing lives in the cold of Antarctica, but you'd be wrong. It is filled with wildlife. There are no trees, and few flowers, but when the snow melts they pop up their heads and show their colours.

Every place on Earth has its own unique environment. Even in cities, you'll find wildlife surviving. In Antarctica we wouldn't have survived with the native wildlife. Even in my home county of Kerry we live off the land, growing grains for bread, vegetables and fruit to eat, and grass for our animals.

On your adventures you will pass, as I did, through open wild places. These are places you will learn to love. Each of these places is special and over time you will understand its unique place on our planet and become a champion to ensure it is not destroyed. There is a journey that starts with fear of unknown places, becomes knowledge of a place, and grows into a love and desire to protect that place.

Keep these promises in mind. Explore any opportunity to act on them.



The World Scout Environment Badge

The World Scout Environment Badge will help you develop your awareness of your personal responsibility for the environment. It encourages you to connect with nature, think about how we interact with the environment and take action to protect it.

The badge is carried out in two stages: Explore and Reflect and Take Action. The first stage involves finding out about environmental issues through experimental activities. The second stage involves picking an environmental project, planning the project and carrying it out.

Further details about this badge can be found on www.scouts.ie.

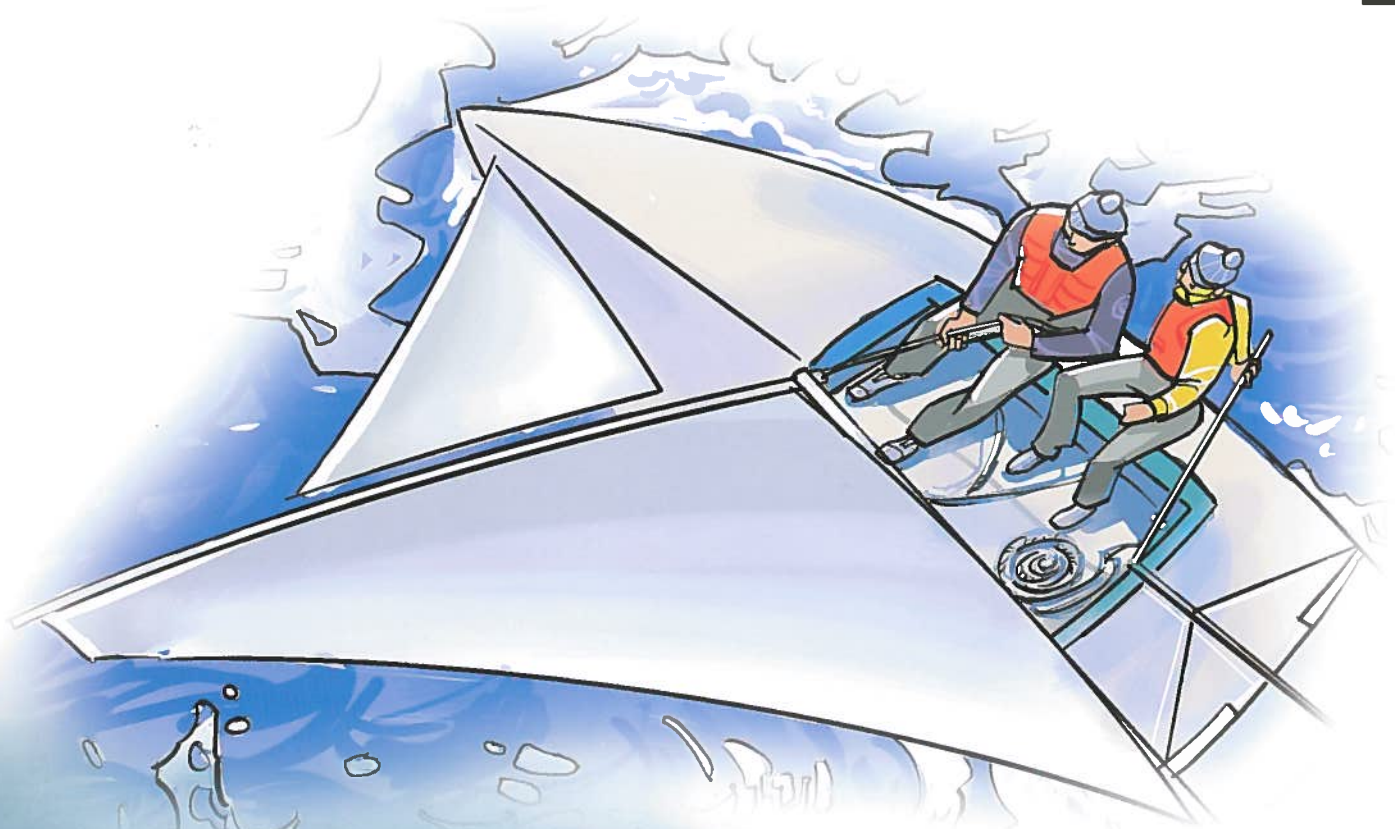


Adventure Skills

By their nature, the Adventure Skills require specific skills to be learned and practiced regularly. These skills are designed to help Scouts to progress to more adventurous Scouting activities such as hill walking, sailing, rock-climbing and kayaking, to mention but a few, with the ability and knowledge to do so safely. They tie in with the "Personal Journey" as they require some determination and dedication to achieve. The Scouter will be able to help and guide the Scout to set out what "personal challenges" they will be doing when working on any of the Adventure Skills.

Further details on the Adventure Skills can be found in the Adventure Skills Book.





Nobody is born knowing it all. Every baby has to learn first to crawl, then walk, and later to run. We learn by taking one step after another, sometimes wobbling a bit! Those steps allow us to climb to higher levels.

Adventure Skills are like that, you don't just jump into a dinghy and sail off into the sunset. Nor do you place crampons on your boots, grab an ice-axe, and head to the nearest ice wall. You learn the skill bit by bit, stage by stage.

Learning by Doing is important. When you learn to tie your first knot, perhaps it's not tight enough and you

lose something as a result. You've learnt that loose knots are useless. You can study skills from books, but the only way you really know how to do it, is to Do It in the real world.

In my case, I joined the Navy without any skills. I just wanted adventure! I learnt how to work on the ships and became an able seaman which recognised the knowledge I'd learned since joining. I knew how to walk and was physically strong, but I knew nothing about walking on snow and ice in Antarctica until I landed there with Scott.

Every day I learnt something new, how to rig a sledge, how to cross a crevasse, how to cook our meals on a small stove. Over time, I became an expert. I suppose that last adventure, crossing South Georgia to the whaling station, was a demonstration of all the skills I'd learnt before the trek. If I'd tried such a venture as a less experienced explorer, I am sure I would have failed.

Special Interest Badges

The Special Interest Badges (SIBs) enable a Scout to make progress in an area of special interest to them. SIBs take into account the personal passions and hobbies of Scouts, allowing a Scout to try new things, or to develop their skills in an area of existing interest.

The requirements are simple. The Scout chooses a goal for their badge and sets out a plan of how they want to achieve that goal with help from their Patrol Leader and/or Scouter. SIBs are earned on the basis of personal effort (doing your best) rather than achieving a certain grade. They can form a personal challenge to help the Scout on their Personal Journey.



The 'Boss' (Shackleton) was really good at finding things for us to do and keeping our minds occupied. He asked each of the crew with special interests to present talks and slide shows in the hope of interesting others. Some of the crew developed an interest in photography helped by Frank Hurley, the expedition photographer; others took an interest in astronomy and navigation. Each of the crew had a hobby and we enjoyed sharing them.



There are 5 Special Interest Areas:

1. **Personal Skill** - This can be any new skill e.g. technical, mechanical, music, drama, arts & crafts.
2. **Physical/Recreation** - This can include any physical pursuit or activity.
3. **Adventure/Journey** - This should include something completely new, a new location or a new method of travel.
4. **Community Involvement** - This should be a service type project and the plan should outline who will benefit and how.
5. **Environment** - This can be any project that improves the environment.

The SIB should:

- » Challenge a Scout to learn new skills or develop existing ones.
- » Help a Scout increase his/her knowledge of the particular area of interest.
- » Contain a practical element which will benefit others.

After talking to their Scouter, the Scout will decide which SIB they want to do. The Scout will have a Mentor for this task. The Mentor can be their Scouter, another Scout or Scouter from a different Section, or a parent with a relevant skill to share.

The Scout uses the Plan, Do, Review method when working towards their SIB. They plan, do their Personal Challenges, and look back later at what they've achieved. The Scout can use many ways to record their SIB journey; poster, diary on paper or video, e-mails, Web site, etc.

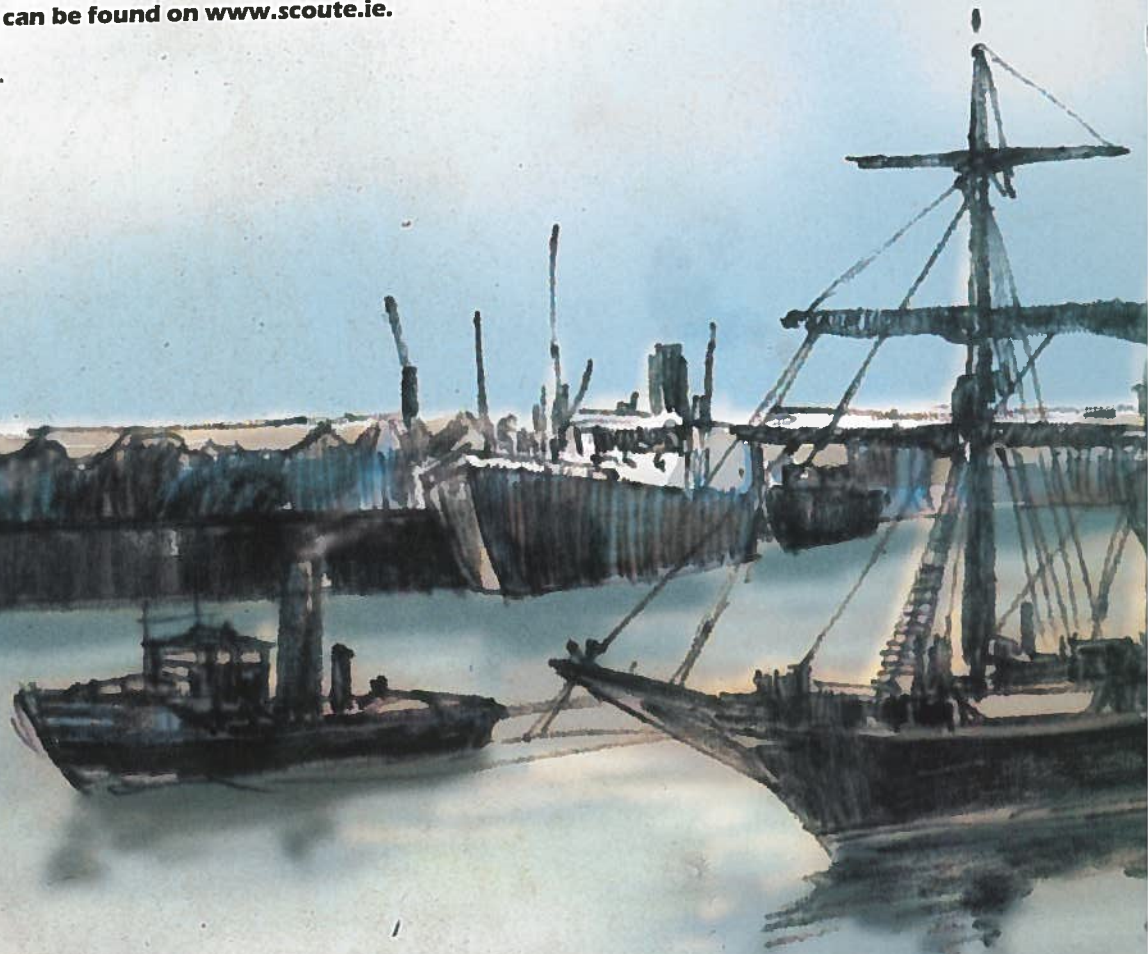
Helmsman Badges

The Helmsman Badges offer you and your Patrol the chance to develop maritime skills. There are 3 levels in the Scout Helmsman badges. Listed below are a set of eight competencies.

1. I have begun to display increased competency in the core skills required for seamanship.
2. I can demonstrate increased competency in how I keep myself and others safe afloat.
3. I have started to build up my technical skills base for water activities that form part of seamanship.
4. I have started to gain an in depth knowledge of marine navigation and chart work.
5. I have started building up a deeper knowledge of signalling techniques and know why they are used.
6. I have started to an active role in the nautical heritage of my own Group and local community, and with wider nautical history and terminology.
7. I have started to take the lead in boat maintenance with my Group.
8. I have improved my knowledge of weather and tides and how they influence my local sea area and activities that take place there.

For each of the 3 badges there are a number of requirements to be completed for each of these competencies.

Full details of these can be found on www.scouts.ie.





Helmsman 1



Helmsman 2



Helmsman 3



The Crean Awards

The four Crean Awards

1. **Discovery Award** - Get to know the basics before your investiture or, if you have come up from Cub Scouts, the renewing of your Promise.
2. **Terra Nova Award** - Grow your knowledge now that you are a fully fledged Scout.
3. **Endurance Award** - Use your experience to develop your role as a Scout.
4. **Polar Award** - Becoming a leading member within your Patrol and Troop.

The four parts of each Award

1. **Yourself** - Develop your own identity, learn about Scouting, and grow to understand the Promise and Law better.
2. **Patrol and Troop** - Develop your role in your Patrol. Take part in a number of activities, taking on more responsibility over time.
3. **Citizenship** - Find out about your role in your environment. Participate in community projects.
4. **Skills** - Try a wide variety of Scout Adventure Skills.

Tools to help you complete the Crean Awards

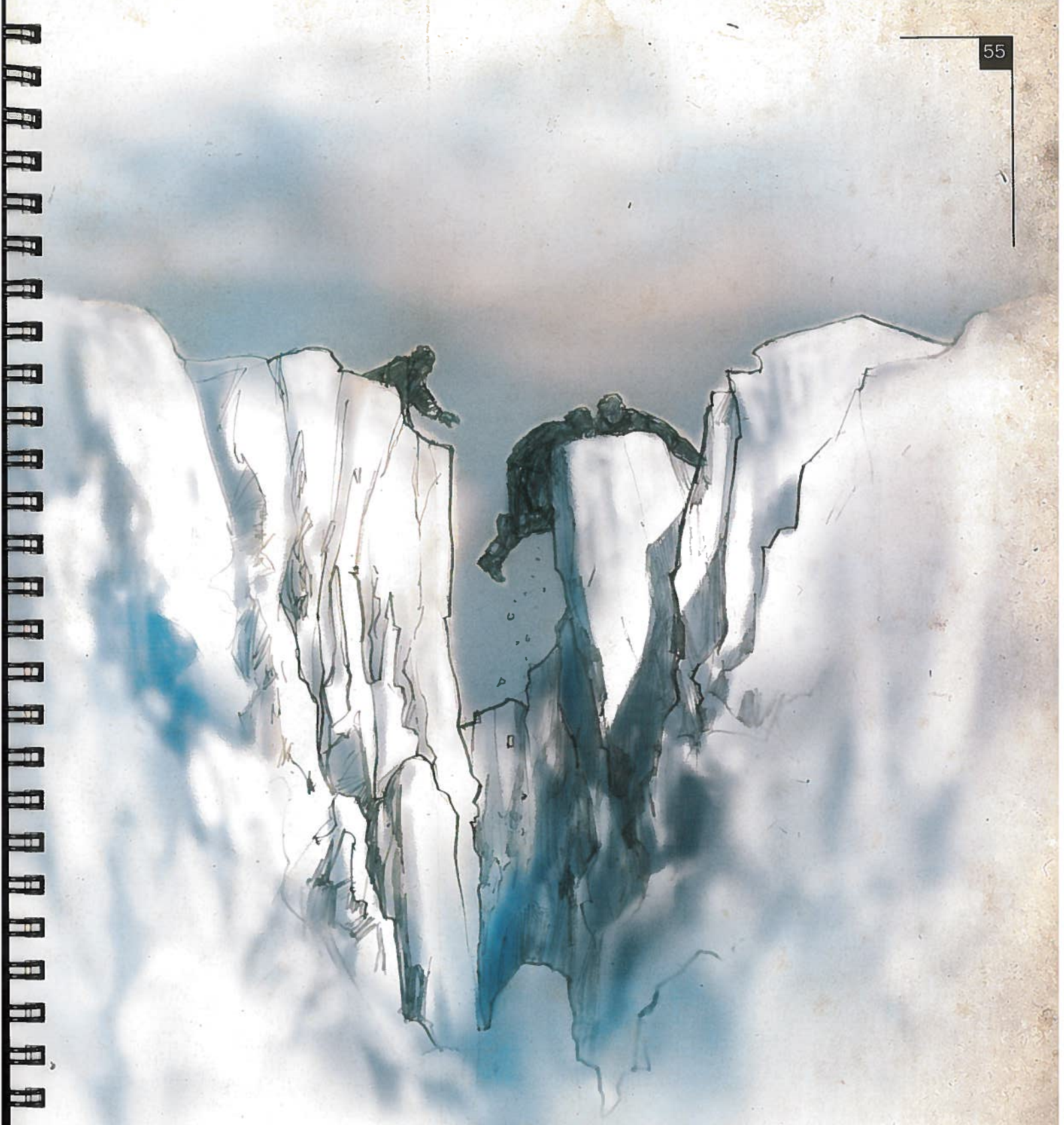
Journey Planners - This chart is a starting point for your journey. Develop your ideas and complete one section of the chart for each of the four sections of the award.

Journey Maps - Track your journey here. Plot the grid reference for each requirement of the award here as you complete them. A Master Map is presented to show you one possible journey route through the four awards. Each award Journey Map is an enlargement of the relevant section of the master map.

Food Stations - (found on Terra Nova, Endurance, and Polar awards only). You visit two of these on your journey to gaining an award. The first is at the halfway mark. This is where you review the SPICES using the SPICES Review Chart. The second, before you progress onto your next award, gives you a chance to finish answering the questions on the SPICES Review Chart now that you've learned and experienced more on your journey.

Having completed the requirements of the award and having reviewed the SPICES for the second time you will be presented with the award badge.





The Crean Awards are designed to show your progress. There are a number of levels. Each level is a recognition of what you've achieved during your year of adventures.

As you move through your Scouting adventures you will learn many new things. Each year you approach adventures from a different perspective, you are older, you have new skills and expertise, you take on more responsibility. As a result, when you review your own personal development at the end of each award you will see how you have progressed as an individual.

Discovery



SECTION 1 – YOURSELF

Badges and SPICES 030 070

1. Find out what is involved in the various badges you can earn during your time in Scouts.
2. Show that you understand what is involved in each one of the SPICES.
3. Own a Scout uniform and know how to wear it correctly.

Promise and Law 040 060

4. Gain an understanding of the Scout Promise and Law.
5. Explain what the Promise and Law mean to you.

Scouting Knowledge 050 070

6. Know and explain the Scout Motto.
7. Know a little about the history of Scouting.
8. Demonstrate and understand the Scout Handshake.
9. Demonstrate and understand the Scout Sign/Salute.

SECTION 2 - PATROL and TROOP

Patrol System 050 070

1. Explain the various roles in the Patrol.
2. Have a knowledge of the Patrol Leaders Council.

Patrol and Troop Activity 060 070

3. Participate in one Patrol activity.
4. Participate in one Troop activity.

SECTION 3 - CITIZENSHIP

The Environment 060 080

1. Know the main elements of Leave no Trace.

The Community 060 100

2. Know about community groups and the roles they play in your locality.

SECTION 4 - SKILLS

1. Attempt three new skills stages from different Adventure Skills. 070 110

Terra Nova



SECTION 1 - YOURSELF

Your Interests 075 115

1. Give a presentation to your Patrol about a personal interest of yours using different types of communication skills.

Promise and Law 085 111

2. Demonstrate how you apply the Scout Promise and Law in daily life.

Scouting Knowledge 077 097

3. Get to know about your Group's history and structure.
4. Get to know about your Scout County's history and structure.
5. Get to know about Scouting Ireland's history and structure.

SECTION 2 - PATROL and TROOP

Patrol Involvement 082 088

1. Take on a task/role in the Patrol given to you by the PL.
2. Learn a new skill from a member of your Patrol.
3. Understand the implications of the Patrol Leaders' Council for individuals and the Patrol.

Patrol and Troop Activities 089 099

4. Help prepare for and participate in a minimum of 4 activities.

SECTION 3 - CITIZENSHIP

Environment 109 102

1. Demonstrate how you implement Leave no Trace in your Patrol activities.
2. Get to know your local environment.

Community 115 088

3. Participate in a Patrol based community project.

SECTION 4 - SKILLS

1. Attempt four new skills stages from different Adventure Skills. 115 082

2. Go up a stage in at least three different Adventure Skills. 103 087

Endurance



SECTION 1 - YOURSELF

Planning 119 072

1. Demonstrate how you can find and evaluate information to help plan an activity.

Promise and Law 125 069

2. Implement the Scout Promise and Law and lead by example to others.
3. Participate in a sunrise/sunset/star gazing reflection.

Scouting Involvement 109 062

4. Demonstrate your understanding of Scouting structures.
5. Take an active role in your Troop.

SECTION 2 - PATROL and TROOP

Patrol Responsibility 124 055

1. Help develop Patrol spirit in a practical way.
2. Know the various talents of your Patrol members.
3. Develop teamwork in your Patrol in a practical way.
4. Take an active role in Patrol meetings.

Patrol and Troop Activities 121 045

5. Help organize, run and review at least three activities.

SECTION 3 - CITIZENSHIP

Environment 105 046

1. Participate in a Patrol or Troop environmental project such as recycling.
2. Find out about conservation in Ireland.

Community 113 038

3. Help run and have an active part in a Patrol or Troop Community project.

SECTION 4 - SKILLS

1. Attempt five new skills stages from different Adventure Skills . 109 031

2. Go up a stage in at least four different Adventure Skills 103 027

Polar



SECTION 1 - YOURSELF

Self Awareness 094 025

1. Carry out a SWOT (Strengths, Weaknesses, Opportunities, Threats) analyses of yourself.
2. Make a presentation to the Patrol Leaders Council about what you have learned during your time in Scouts.

Promise and Law 079 024

3. Prepare and deliver a Scouts' Own or Promise and Law Reflection.
4. Have a Scout Law & Promise discussion with your Patrol.

Scouting Involvement 081 031

5. Take an active role in your Group.
6. Participate in one of the Youth Fora (County, Provincial or National).
7. Take part in a National Event.

SECTION 2 - PATROL and TROOP

Patrol work 079 049

1. Share one of your skills with another Beaver Scout, Cub Scout or Scout.
2. Take an active role in the planning and running of your Troop through the Patrol Leaders' Council.
3. As a member of the Patrol Leaders' Council, engage with the Group Council.

Patrol and Troop Activities 095 059

4. Plan, run and review an activity for your Patrol or Troop.

SECTION 3 - CITIZENSHIP

Environment 101 065

1. Plan, organise and run a Patrol or Troop Leave no Trace project within your locality.
2. Find out about conservation internationally.

Community 072 061

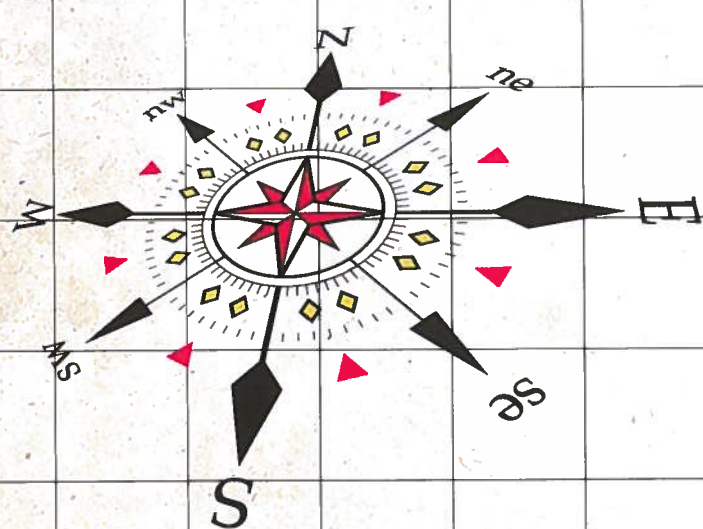
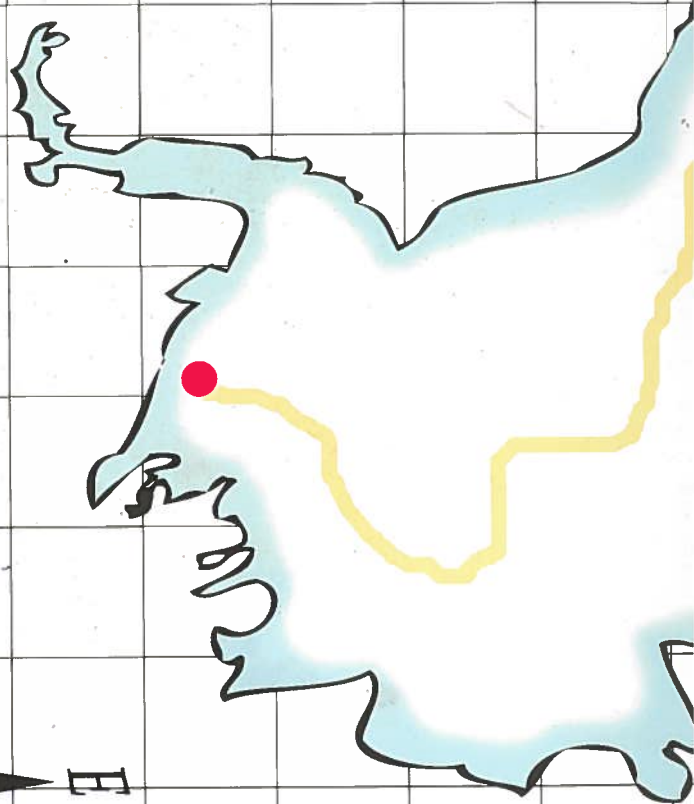
3. Plan and run a Patrol or Troop Community project.

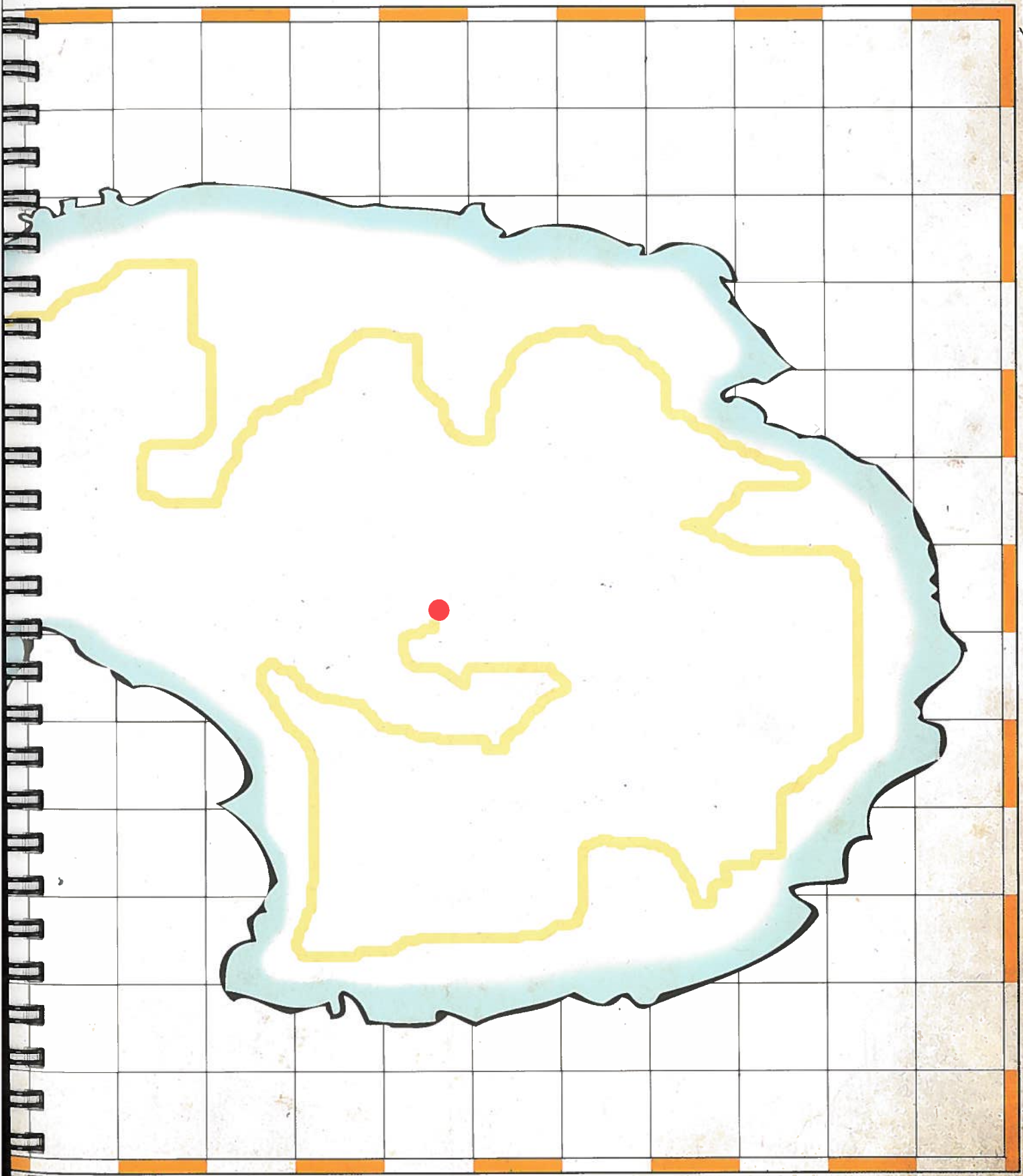
SECTION 4 - SKILLS

1. Have gained experience in all nine Adventure Skills 084 065

2. Go up a stage in at least five Adventure Skills 079 071

Master Map





Discovery Journey Planner



You

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Patrol/Troop

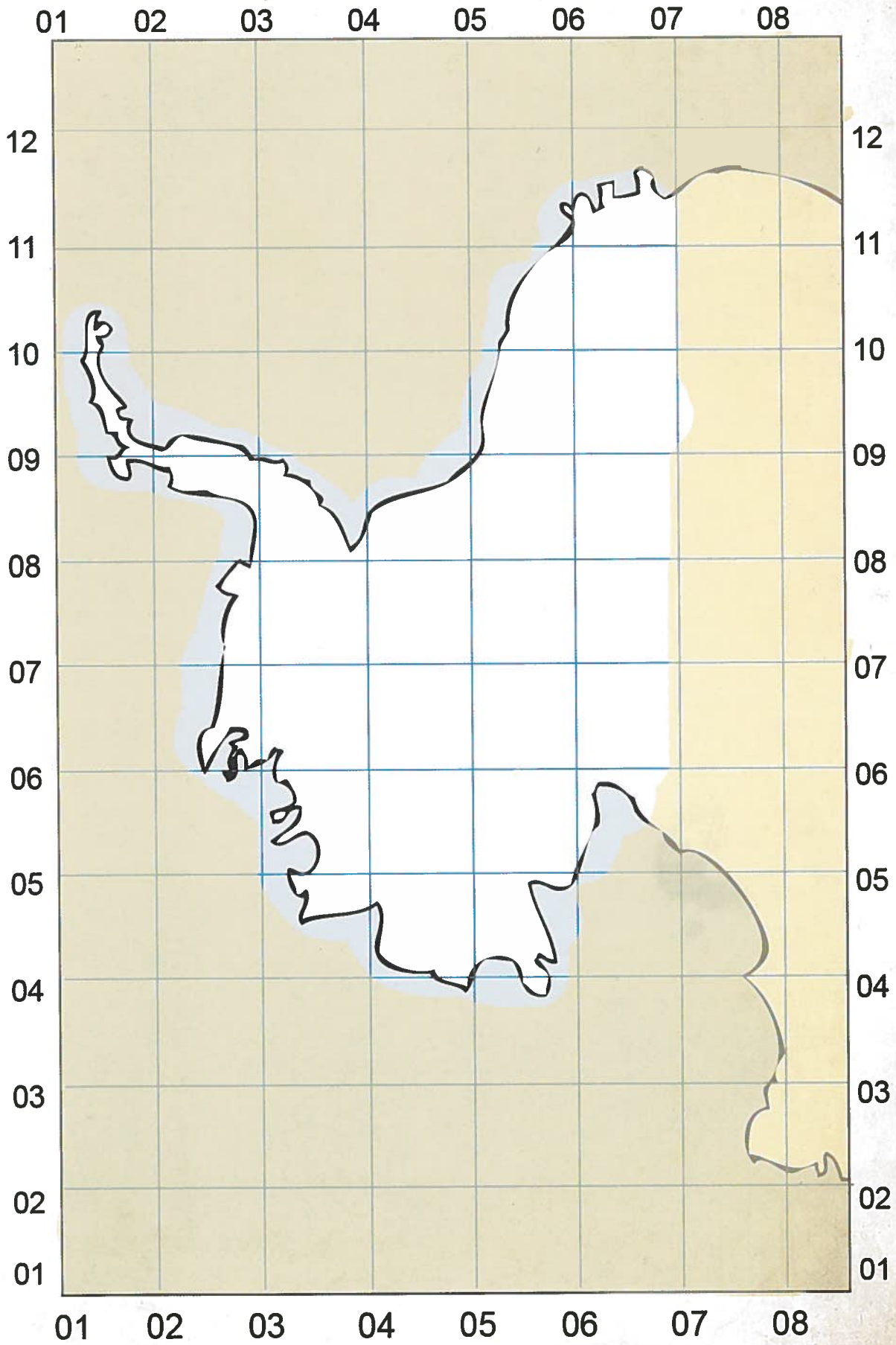
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Citizenship

Blank space for notes under the 'Citizenship' heading.

Skills

Blank space for notes under the 'Skills' heading.



Terra Nova Journey Planner

You

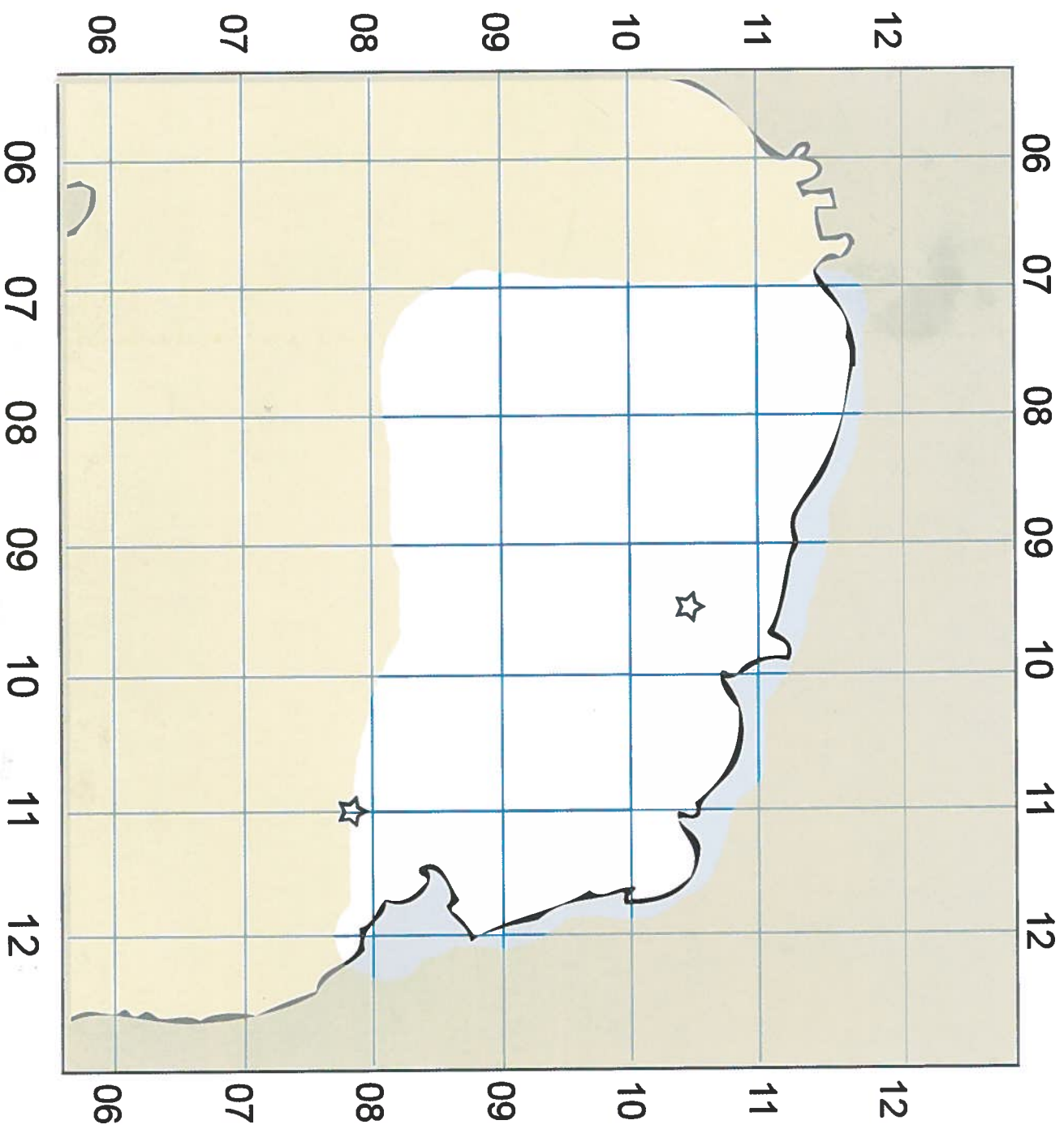
Patrol/Troop

Citizenship

Skills



Terra Nova Map



SPICES Review

Social

- 1. Did I develop my relationships with those around me?
- 2. Did I improve my communication skills?
- 3. Did I accept, respect and learn from other cultures?
- 4. Was I involved in my community?
- 5. Did I apply the Promise and Law in my everyday life?

Physical

- 1. Did I eat well to play [Scout] well?
- 2. Was I aware of my personal hygiene?
- 3. Did I maintain a balanced/active lifestyle?
- 4. Was I comfortable with how my body worked?
- 5. Was I aware of my physical limits and those of my Patrol?
- 6. Did I know the health consequences of my lifestyle choices?
- 7. Did I know how to access help if/when a problem arose?

Intellectual

- 1. Did I know what information I needed to achieve my goals?
- 2. Was I open to new ideas and ways of learning?
- 3. Did I develop creativity, imagination, innovation and try new ideas?
- 4. Did I learn from the decisions I have made?
- 5. Did I work as a team member?

Character

- 1. Did I live the Promise and Law?
- 2. Did I value my friends and friendship?
- 3. Did I think before I did anything?
- 4. Did I ensure fairness to everyone?
- 5. Did I treat others with respect?
- 6. Did I learn how to deal with differences, and other people's views?
- 7. Did I have a plan to follow my dreams?
- 8. Did I live the Scouting Spirit?

Emotional

- 1. Was I aware of the feelings I experienced and their affect on my life?
- 2. Did I show I wasn't afraid to ask for and give help?
- 3. Did I take responsibility for my own emotions?
- 4. Did I control my own emotions?
- 5. Was I prepared to challenge myself and strive to go one step further?
- 6. Was I open to change in my beliefs and values?
- 7. Did I show my individually by developing my talents?

Spiritual

- 1. Did I demonstrate that I live the Promise and Law?
- 2. Did I ensure that I have a positive impact on the environment?
- 3. Did I reflect on the wonder of God all around me?
- 4. Did I reflect on my experiences and how they change my beliefs?

☆ Food Dump

Endurance Journey Planner



Social

Developing my interaction with others and the community.



Physical

Being respectful for my body.



Intellectual

Receiving & applying knowledge to carry out my activities.



Character

Becoming a well-rounded person.



Emotional

Being able to express my own emotions and respecting the emotions of others.



Spiritual

Developing my own beliefs and living by my values in everyday life.

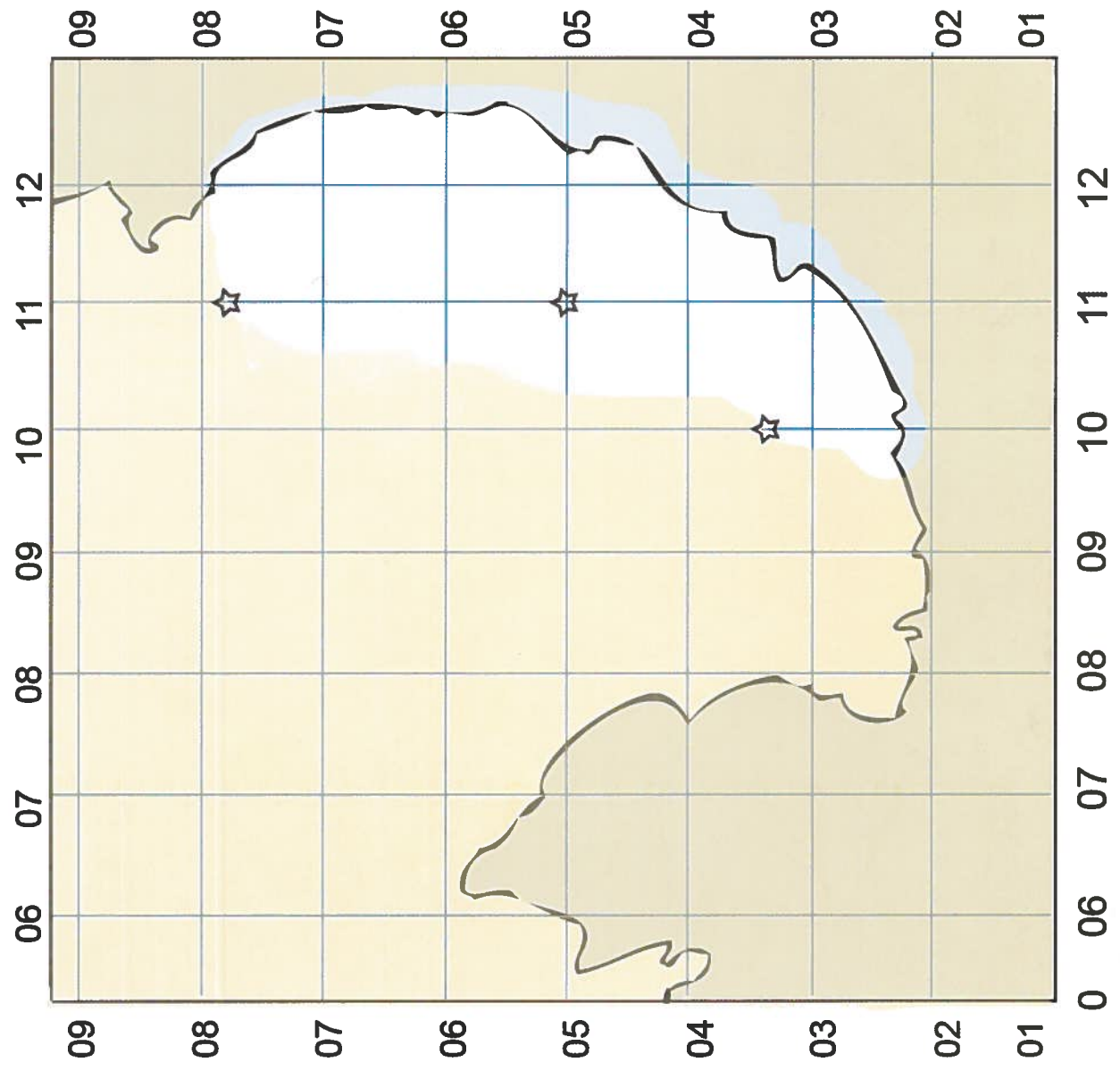
You

Patrol/Troop

Citizenship

Skills

Endurance Map



☆ Food Dump

SPICES Review

Social

- 1. Did I develop my relationships with those around me?
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Polar Journey Planner



Social

Developing my interaction with others and the community.



Physical

Being respectful for my body.



Intellectual

Receiving & applying knowledge to carry out my activities.



Character

Becoming a well-rounded person.



Emotional

Being able to express my own emotions and respecting the emotions of others.



Spiritual

Developing my own beliefs and living by my values in everyday life.

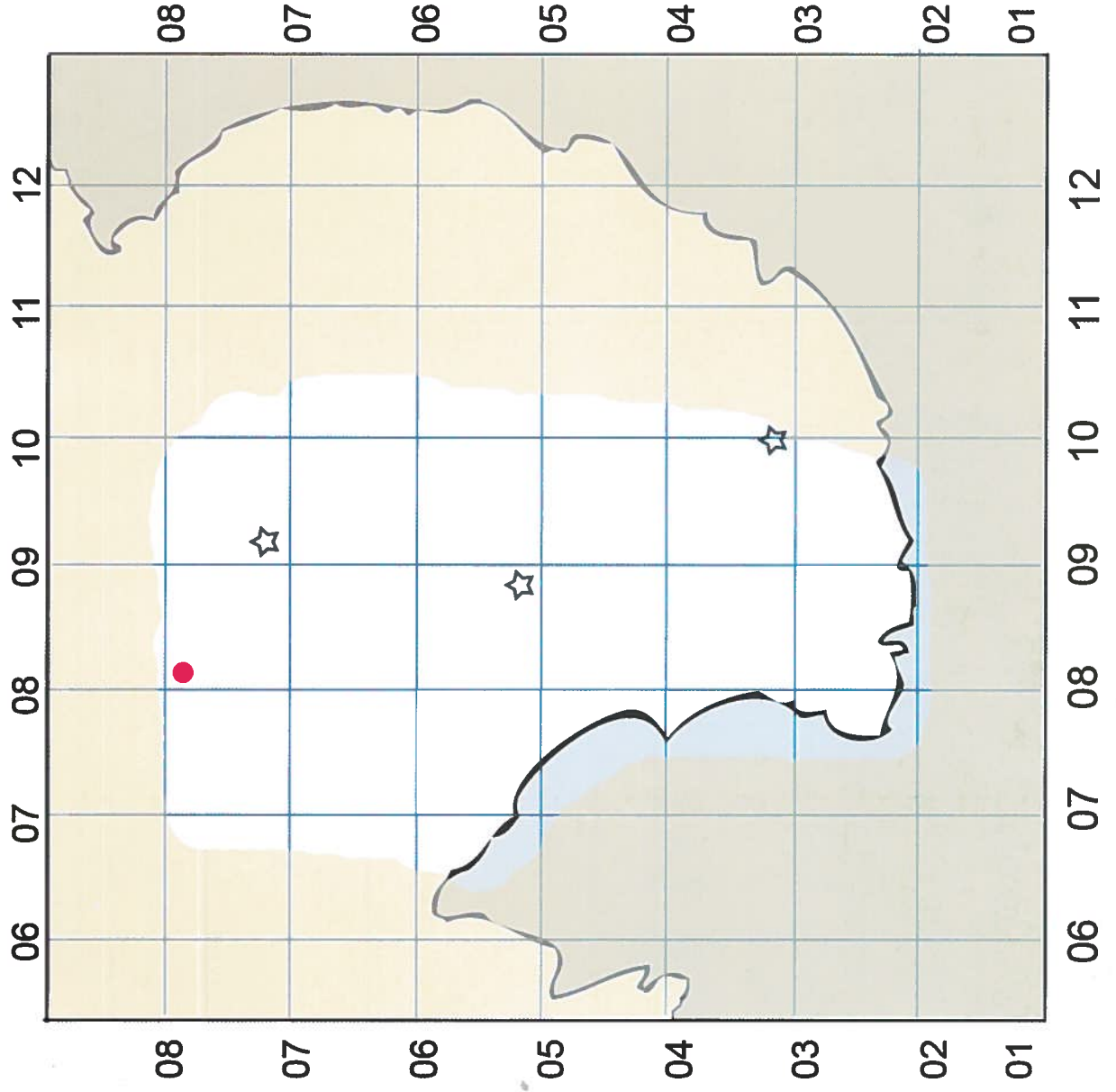
You

Patrol/Troop

Citizenship

Skills

Polar Map



☆ Food Dump
● South Pole

SPICES Review

Social

- 1. Did I develop my relationships with those around me?
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Chief Scout's Award

Once you decide that you want to undertake the Chief Scout's Award, you should fill in a form to record what you are going to do to achieve the award. This form must be signed by your Scouter, and it serves as a registration of participation. Once this is done you can start working on the award.



As you complete each Special Interest Badge and Adventure Skill step you may wear the relevant badge on your uniform. Once all of the components are completed, the Chief Scout's Award will be presented on a suitable occasion.

The following are the requirements for the Scout Chief Scout's Award:

1. Skill: One Special Interest Badge from the "Skill" Area.
2. Physical: One Special Interest Badge from the "Physical" Area.
3. Community: One Special Interest Badge from the "Community" Area.
4. Environment: One Special Interest Badge from the "Environment" Area.
5. Scout Skill: Two Adventure Skills to Stage 4 and two Adventure Skills to Stage 6.
6. Expedition: Walking 25-35 km over two consecutive days and one night.
7. Residential / Intercultural: Shared activity with a group in a residential/camp setting for four days & three nights, must include an intercultural aspect and a community project.

The requirements should be completed for a minimum of twelve months duration.

The Scout Chief Scout's Award will qualify for the Gaisce Bronze level.



Social

Developing my interaction with others and the community.



Physical

Being respectful for my body.



Intellectual

Receiving & applying knowledge to carry out my activities.



Character

Becoming a well-rounded person.



Emotional

Being able to express my own emotions and respecting the emotions of others.



Spiritual

Developing my own beliefs and living by my values in everyday life.

Venture Scout Link



So you've done everything you can do in Scouts ... time to move onto your next challenge in the Venture Scouts. Just as when you joined the Scout Troop, there is a link from Scouts to Venture Scouts.

It works as follows:

The Venture Scout Executive will visit your Scout meeting to meet with the Link Scouts. They will explain what is involved in Venture Scouts and answer any questions you might have.

The following week you will go to the Venture Scout Meeting and take part in the meeting to see what it is the Venture Scouts do.

Over the following two weeks you will attend two more Venture Scout meetings and a Venture Scout outdoor activity.

Once the link is completed you will take part in a Departure Ceremony with the Scout Troop at the very end of the year.

Tom Crean Timeline

1877	20th July	Born near Anascaul, Co. Kerry, Ireland, the son of Patrick and Catherine Crean
1893	10th July	Runs away from home and enlists in Royal Navy
1901	10th December	Joins Captain Scott's Antarctic exploration ship, Discovery
1902	February	Makes first sledging expedition in the Antarctic
1904	February	Discovery leaves Antarctic
1910	April	Joins Captain Scott's Terra Nova expedition to discover the South Pole
1911	January	Terra Nova reaches the Antarctica
	1st November	March to South Pole starts
1912	4th January	Only 150 miles from South Pole; among the last to see Captain Scott alive; starts 750 mile return to base camp
	18th February	Volunteers to walk 35 miles to base camp to save Lt. Evans
	19th February	Reaches base hut after 18 hour march
	29th October	Starts search for bodies of Captain Scott's Party
	12 November	Discovers Captain Scott's tent and buries bodies
1913	January	Terra Nova leaves Antarctica
	2th July	Tom receives Albert Medal at Buckingham Palace from King George for saving the life of Lt. Evans
1914	25th May	Joins Sir-Ernest Shackleton Endurance expedition
	1st August	Endurance sails from London
1915	19th January	Endurance trapped in Weddell Sea
	27th October	Endurance abandoned
	21st November	Endurance sinks
1916	9th April	Takes charge of Stancomb Wills lifeboat on sea journey to Elephant island
	15th April	Lands on Elephant Island
	24th April	Sails in James Caird to South Georgia
	10th May	Lands on South Georgia
	19th May	Starts overland march across South Georgia
	20th May	Reaches whaling station at Stromness
	30th August	Returns to Elephant Island and rescues 22 castaways
	8th October	Sails for Europe
1917	5th September	Marries Eileen (Nell) Herlihy, Anascaul, Co. Kerry
1920	24th March	Retires from Royal Navy after 27 years service
1927		Opens the 'The South Pole Inn', Anascaul, Co. Kerry
1938	27th July	Dies at Bon Secours Hospital Cork, aged 61



Well, I hope you have enjoyed getting to know all about your *Scouting Journey*, and I hope my example will help inspire you. I wish you luck on your own *Journey of exploration*, and I urge you to all work together in your Patrols and in the wider community to make your dreams of adventure a reality. You will be the next generation of Irish adventurers. Enjoy!

Tom Crean

Notes

A spiral-bound notebook page with 20 horizontal lines for writing. The page is numbered 74 in the top left corner and has the word "Notes" written in the top left. The spiral binding is visible on the right side of the page. The paper shows some signs of age and wear, particularly at the bottom.