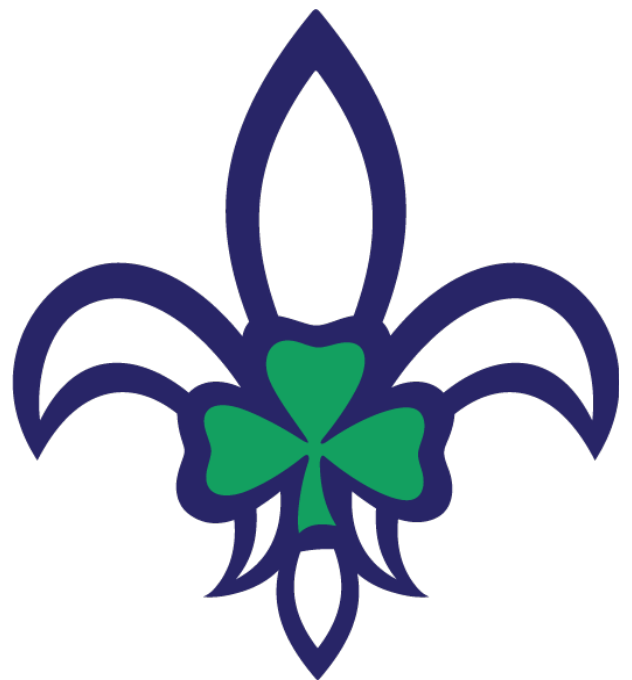




# The Terra Nova Award

Resources



# Terra Nova



## SECTION 1 - YOURSELF

Your Interests.....

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

Promise and Law.....

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

Scouting Knowledge.....

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.....

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.....

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

## SECTION 3 - CITIZENSHIP

Environment.....

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

Community.....

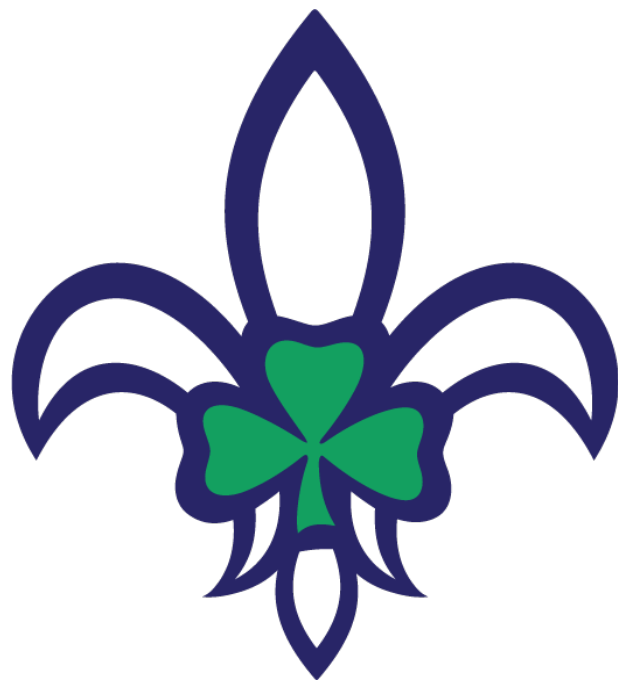
3. Participate in a Patrol based community project.

## SECTION 4 - SKILLS

1. Attempt four new skills stages from different Adventure Skills.
2. Go up a stage in at least three different Adventure Skills.



# Troop Code



# Creating a Troop Code of Conduct.

Like most people, you probably would like to be able to do whatever you want all of the time. But life isn't that simple, is it? There are always people who are affected by the things that we do, and so we have to take into account the effect that our actions have on others.

The same logic applies to a Scout Troop. Imagine a Scout meeting where no-one paid attention to what anyone else was doing. There would be chaos! So for a Scout Troop to work properly there needs to be some way of deciding how everyone acts and behaves. This is where a Troop Code of Conduct comes in.

A Code of Conduct is something that will help your Troop meetings and activities run smoothly. It is a set of guidelines which explain to everyone in the Troop how they should behave and what the consequences are if they 'break the rules'. The Code should be put together by the Patrol Leaders with the help of the Scouters, and you might like to use the following steps when creating your Troop Code of Conduct:

1. At a Patrol Leaders' Council meeting have a chat about the way you would like the Troop to operate and how individual Scouts should behave. You should then have a think about what guidelines, procedures and sanctions might want to be included in the Code.
2. Create a draft Code of Conduct based on the kind of things you talked about
3. Shortly after the Patrol Leaders' Council the PL's should talk to their Patrols about the contents of the draft of the Code. Each Scout should be encouraged to give their opinions on the content and should make suggestions for any changes they would like to see made.
4. The next time the Patrol Leader's Council meets the feedback from the Patrols should be discussed and a final Code should be agreed.



## Guidelines

The following are some suggestions which will help get you thinking about the kind of guidelines you might like to include. But remember, they are only suggestions to help get you started, and you should come up with your own Code for your own Troop. Let's face it, you may not even agree with all of these!

1. Scouts are expected to have full and proper uniform and will wear it when indicated by the Scouter in charge. At all other times they will wear their neckerchief.
2. Scouts are expected to attend all meetings and activities of the Troop, unless they indicate to the Scouter in charge that they cannot attend.
3. The atmosphere and behaviour in the Troop is one of friendliness and welcoming, particularly in the case of new members, or when helping with other sections.
4. The law of the Troop is the Scout Law and Promise.

5. Bullying of all kinds is not allowed. Any member who is caught or is reported to be involved in such behaviour will receive one formal warning only. A second incident will result in them being asked to leave the Troop.
6. It is expected that all Scouts should make an effort to achieve the Crean Awards, Adventure Skills and Special Interest Badges.
7. No matter what venue we use we will leave it cleaner than it was when we arrived, even if the untidiness was not caused by our activity. This is particularly the case with regards to our Scout Den. Tidying up is the responsibility of every member.
8. Scouts mobile phones must be turned off before all meetings and activities begin.
9. Only Scouts who are appropriately trained should use knives, axes and saws.
10. Scouts are not allowed to smoke or drink alcohol on any Scout activity.

## Consequences

Once you have agreed on a set of guidelines you might want to think about what will happen if a Scout doesn't follow them. While it would be wonderful if everyone simply followed the Code, the chances are that this will not always happen. Therefore for the Code to work there will have to be some consequences for a Scout if the Code is broken. The best way to approach it is to agree a procedure that will be followed if someone breaks the Code. The following is an example of the kind of thing we are talking about.

1. A verbal warning should be given if the Code is broken.
2. A sanction should be issued if the Code is broken again.
3. Where the Code is being broken on a repeated basis, the Patrol Leader's Council should interview the Scout. The Scout may wish another Scout. Agree an action to be taken following the interview.



4. If the Scout continues to break the Code after this, then a Scouter will need to talk to the Scout's parents, to explain the recurring problem with a few to working towards fixing it.

5. If this fails to work, the Scout may be required to take a break from Troop activities so that he or she can think about whether Scouting is really for him or her.

If you decide to include a list of sanctions on the Code, please consider them carefully. Sanctions should be used sparingly. They should not be used to humiliate a Scout and physical punishments should not be used. Appropriate sanctions would include exclusion from a portion of an activity or the completion of additional duties. Sanctions should also be applied consistently and progressively. You might consider the following procedure.



## Roles of the Patrol Leaders and the Scouters

It is important to remember that the PL's and the Scouters have different roles to play in creating the Code and putting it into practice.

The PL's should be the ones who decide what goes into the Code in terms of guidelines, sanctions, etc. They should be responsible for explaining the Code to the Scouts in their Patrol. They can make warnings to any Scout who breaks the Code and can also issue minor sanctions, but they must always report on this at a meeting of the Patrol Leaders Council where a Scouter is present.

The Scouters are the ones who have the ultimate responsibility for discipline in the Troop. While the PL's should create the Code, the Scouters must ensure that the Code is workable and that all the guidelines and sanctions included are fair. They should make final decisions on major sanctions after discussing matters with the Patrol Leader's Council. They are always the ones who should deal with parents if such a need arises.

## Presenting the Code

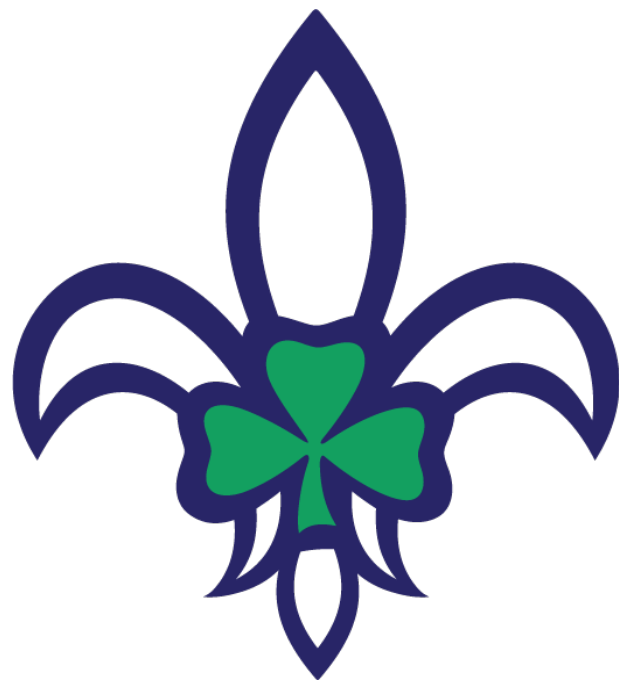
Once you have finalised the Code, give a little thought as to how you present it to the Troop. After all, if it looks like a set of school rules it might not be read by anyone! Maybe try some of the following ideas:

1. Try to make the Code look attractive using colour, cartoons and drawings.
2. On a suitable occasion, explain the Code to the parents of the Scouts.
3. Present a copy of the Code to each Scout, and have both them and their parents sign the Code to show that they agree to stick to the guidelines.
4. Put a poster copy of the Code on display somewhere in the Scout Den where everyone can see it.





# Promise and Law



# Applying the Promise and Law in daily life.



The Scout Law and Promise are the basic elements that underline Scouting. The Scout Promise is a personal commitment to live by the Scout Law, do one's duty to one's beliefs and acceptance of a spiritual reality, and to the service of others.

## 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 - They always say Hello, Please and Thank You!  
Scouts are Kind - They work hard and help their family and friends.  
Scouts are Honest- They always tell the truth.  
Scouts can be Trusted- They always keep their word.  
Scouts are Respectful- They care for themselves and for others.  
Scouts are Brave - They stand up for right and good.

The Scout Law is a code of behaviour that members of Scouting are expected to do their best to live by, an invitation to live your life based on solid and fundamental values. Respect for, and solidarity towards, others (Scouts are friendly, to be a friend to all, to be helpful and considerate of others, to respect others); Protection of life and nature (to respect nature and the environment); a positive attitude to life's uprightness and loyalty (is to be trusted, is to be loyal, and to keep your word, Scouts Honour); a sense of one's own dignity (respect for self); to be brave (to stand up for what is right and good, to be a 'leader and not a follower', to think for yourself).

The Scout Law does not forbid anything. It is an invitation or code to develop oneself, to become more humane. The Scout Law promotes the ideal of 'scout like' behaviour and attitude. It is practiced and learned in real life situations within your Patrol and Troop, and in your daily life. You don't keep the Scout Law you live it.



The Promise is the starting point of our understanding and a real belief that the doing of one's best to live by the Scout Law is what a person chooses to do when they become a Scout. It is because he/she wants to live according to the Scout Law that he/she will set personal goals and achievements to reach through Scouting activities and everyday life.

As you grow within Scouting, you acquire and develop certain character strengths: sound judgment, a sense of responsibility, personal confidence and courage. These habits are built upon with the addition of the Scout Law in your life as an underlying code of commitment.

The Scout Law is not a rulebook but more a personal challenge. As an underlying principle of Scouting it will be reflected in many aspects of Scouting. The way we behave with others, the rules of conduct we draw up and also the measure by which misdemeanours are judged.

*The Scout Law is the foundation on which the whole of scout training rests (B.P. Aids to Scoutmastership)*

*The boy is not governed by D'ONTS, but led on by DO. The Scout Law is devised as a guide to his actions rather than as repressive of his faults (B.P. Aids to Scoutmastership)*



## The Scout Law and Promise in practice

Friendship and fellowship are essential elements of Scouting, how we work with and interact with others in a Scout like fashion. The Scout Law expresses this as – A Scout is friendly, A Scout is Kind, A Scout is Honest, A Scout is Respectful . In the Scout Promise – to help other people. So, 4 parts of the six-part Scout Law and one part of a four-part commitment within the Scout Promise relate to how we work and interact with others.

The original Scout Law as contained in Scouting for Boys listed 10 points of the Scout Law, which included

- A Scout is to be trusted
- A Scout is loyal
- A Scout's duty is to be useful and to help others
- A Scout is a friend to all, and a brother to every other Scout, no matter to what country, class or creed the other may belong.
- A Scout is courteous
- A Scout is a friend to animals
- A Scout obeys orders of his parents, Patrol Leaders or Scout Master without question.
- A Scout smiles and whistles under all difficulties
- A Scout is thrifty
- A Scout is clean in thought, word and deed.

Again we can see from the list above the importance of friendship, fellowship and the working with and care of others. With friendship comes love and kindness and through friendship it is easier to practice the principle – 'do on to others as you would have done on to you'. Friendship is the key to this whole process. The Patrol system/Team structure within Scouting allows this feature of scouting to blossom. Young people and adults join Scouting as a result of friendship and remain in Scouting through friendship. Friendship is the glue that bonds people of many backgrounds and interests together.

### Nature and the environment

Baden Powell was a great believer in arousing a sense of wonder by contact with nature and this can be experienced most vividly in camp. The feeling of wonder in nature may be the first step to a realisation of God or Supreme Spiritual Reality. Nature and our environments will provide tons of opportunities for you to explore nature, and the Scout Law in context. We are the carers of the environment for future generations; ( Leave No Trace) a Scout should be encouraged to care of nature and the environment by offering personal time in service for other people and the world around them.



### Doing a daily good deed or act of kindness

The ideal of 'Doing good deeds and acts of kindness for others' is a keystone of Scouting in building bridges to friendship and providing unselfish service to others.

*Whether one believes in a religion or not, and whether one believes in rebirth or not, There isn't anyone who doesn't appreciate kindness and compassion.*  
Dalai Lama

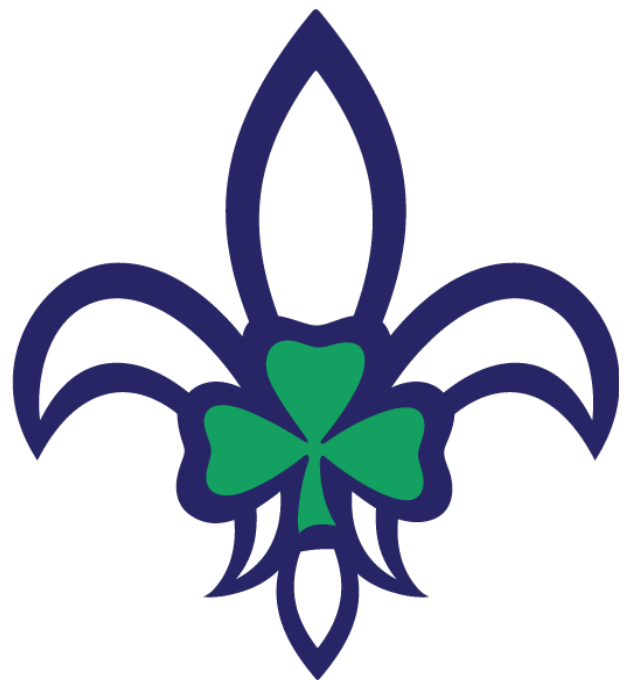
The good deed, act of kindness idea is perhaps the biggest spiritually fulfilling act that we can do. The Scout Law and Promise is written around this ideal. The beauty of this idea is that it is easy for everyone to understand no matter what age he or she are. So, from an early age a child can be encouraged to do a good deed every day, this deeds can be small, but completed unselfishly. Later, the good deed will become a feature of their daily life undertaken at any opportunity. In a collective group such as a Patrol or a section the good deed can have greater impact as a result of the size of the project/service to others.

Leadership is about example and encouragement and we need to ensure that the good deed idea is maintained and becomes part of what we are and what Scouting is – 'to give and not to count the cost', 'to serve my community and help other people'.

The promotion and practice of this ideal will lead young people to better understand Scouting and place the Scout Law and Promise in a practical context in their daily lives.

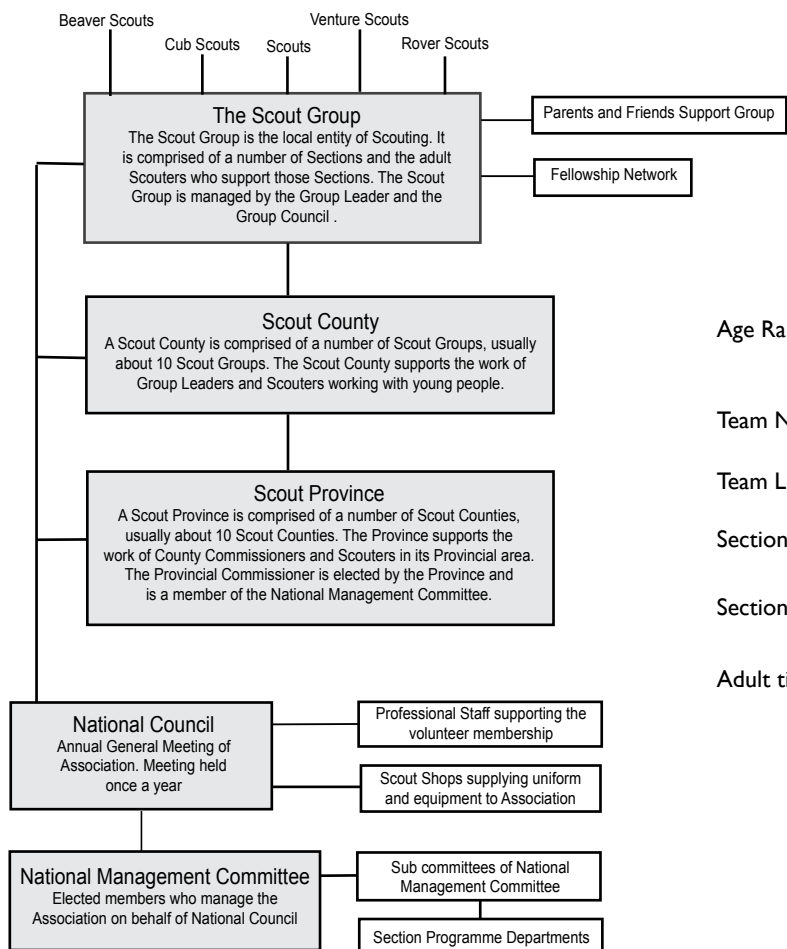


# Organisational chart





# Organisation Chart

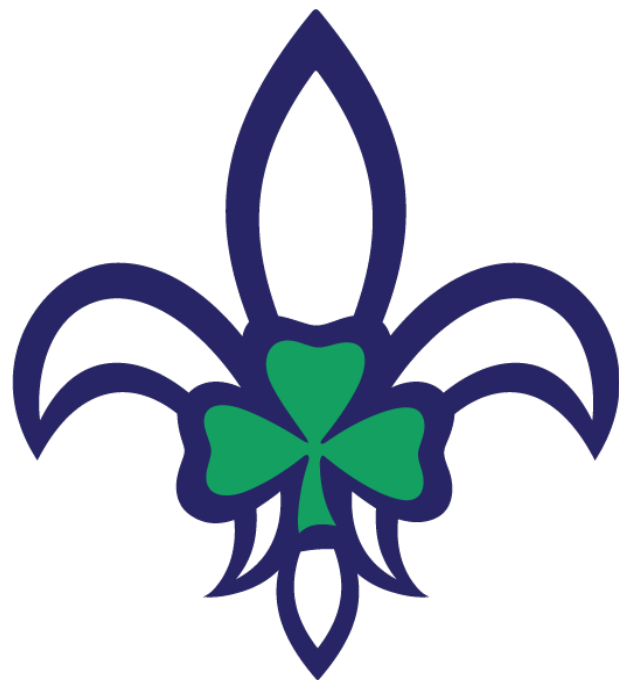


## Breakdown of a Group

	Beaver Scouts 6,7,8	Cub Scouts 9,10,11	Scouts 12,13,14, (15)	Venture Scouts 15,16,17,	Rover Scouts 18,19,20
Age Range	6,7,8	9,10,11	12,13,14, (15)	15,16,17,	18,19,20
Team Name	Lodge	Six	Patrol		
Team Leader	Lodge Leader	Sixer	Patrol/Watch Leader		
Section Council	Log Chew	Sixer Council	Patrol/Watch Leaders Council	Venture Executive	Rover Executive
Section Name	Beaver Colony	Cub Pack	Scout Troop	Venture Unit	Rover Crew
Adult title	Programme Scouter(s)	Programme Scouter(s)	Programme Scouter(s)	Programme Scouter(s)	Rover Advisor(s)



# Community Involvement





# Completing Community Projects

Your local community is the place you live in. Communities come in all shapes and sizes, and on the face of it a community in the heart of a city may seem to have very little in common with a community in a remote country village. But all communities however involve people and the more the people who live in a community get involved the better a place that community will be to live in.

By taking on community projects you and your Patrol can help to make the place you live a better place. Community projects come in all shapes and sizes. When thinking about what project to carry out you and your Patrol should consider some of the following:

- What types of things are most needed in your community? Make a list and try to choose something from this list rather than going for the obvious.
- What are the interests of the Patrol members? A project is only likely to be successfully completed if your Patrol is interested from the start.
- What kinds of skills do your Patrol members have? It only makes sense to take on a project that you have the skills to compete. It might seem like a good idea to paint a mural on a wall, but if no-one in the Patrol can paint very well it's not going to look very good!

The following are some suggestions to help get you started when you are thinking about carrying out a community project. They are broken into a number of groupings.

## Community Enhancement.

- Renovate a run-down playground.
- Plant trees and bulb flowers such as daffodils.
- Paint a mural.
- Clean up a local park.
- Support the local Tidy Towns campaign. [www.tidytowns.ie](http://www.tidytowns.ie)

## Community Involvement.

- Organise a 'Welcome to the Community' day for new residents.
- Produce a Community Newsletter.
- Assist in the stewarding of a community event
- Helping the Homeless.
- Contact your local Simon Community to find out how you can aid their work. [www.simon.ie](http://www.simon.ie)



## Helping the Elderly.

- Help local elderly residents to maintain their gardens.
- Carry out a shopping service for elderly residents that are house bound.
- During spells of cold weather visit elderly residents to check that their homes are adequately heated.
- Set up a social club for elderly residents in your Scout Den.
- Carry out a series of entertainment workshops for residents of a nursing home.
- Hold a Christmas party in your Scout Den for elderly residents.
- Do a safety audit of elderly residents homes for smoke alarms and fire hazards. [www.ageaction.ie](http://www.ageaction.ie)

## Helping those with Special Needs.

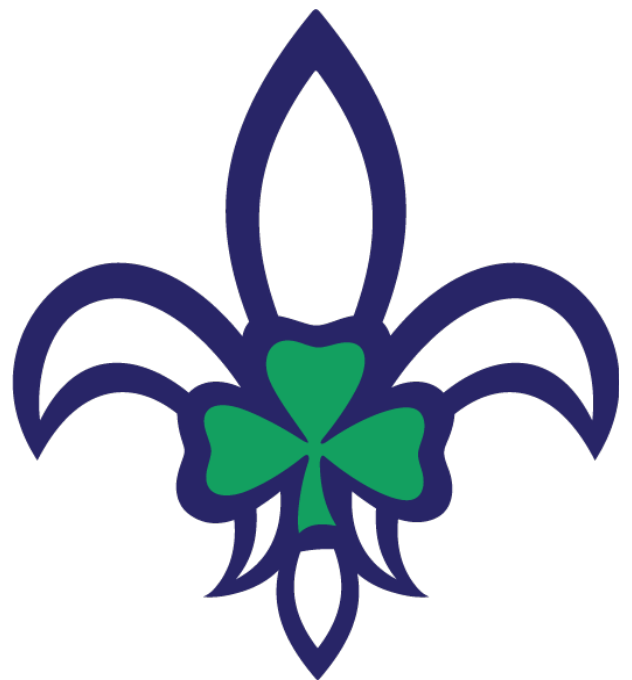
- Conduct a community accessibility audit for people with disabilities.
- Volunteer to help at a Special Olympics event.
- Volunteer to work with an agency that helps children with disabilities.
- Install a ramp for wheelchair in your Scout Den.
- Help expand the library of a children's hospital.
- [www.enableireland.ie](http://www.enableireland.ie)

A word about fundraising and community projects.

Raising money for a local community project is certainly worth-while, but a more 'hands on' approach to community projects is to be encouraged. You will personally get a lot more from a project if you interact with other people or if you complete a physical job yourself. Only consider fund-raising if you need some money to complete your project. For example if you decide to plant trees in an area you may need to raise money to buy the trees.



# Communication





# Communications

## Getting the right messages across in the right way

Have you ever received a message and felt the sender really wasn't thinking about what you needed to know or hear? Maybe you said things without thinking and have not got your message across clearly. This is at best frustrating. At worst it is such a huge "turn off" that it can have a negative effect, or even produce an effect that is the exact opposite of the one you had intended.

Whether you need to communicate general day-to-day information or "big news" the best communications start with some good planning. The first step is to put yourself in the shoes of your audience. What do they need to know, and want to hear? What's their preferred way of receiving information? What will stop them listening to what you have to say? And how will you know that they have got the message?

So there's quite a bit more to good communications than preparing a good text message or presentation!

Communication consists of two part – the communicator and the listener (receiver). Listening is perhaps the most important part of the process. You may have heard the phrase 'you have two ears and one mouth, so you should spend twice as much time listening than talking and communicating'

Talking is of course our primary means of communication and we are good at that. When we talk we use all sorts of non verbal communication signals to help the listener understand what is being said. For example, we use our hands and make facial expressions to reinforce a point or make it sound hard or angry or soft and considerate. Whereas in the written word these signals are missing and the listener has to interpret the context of a message or conversation. These points need to be considered as you communicate with others via text message for example, which by its nature is short and to the point. Similarly, social media or

other means of communication can suffer as a result so greater care is required to convey your message.

## Hear What People Are Really Saying

Listening is one of the most important skills you can have. How well you listen has a major impact on your communication skills and on the quality of your relationships with others.

We listen to obtain information.

We listen to understand.

We listen for enjoyment.

We listen to learn.



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Given all this listening we do, you would think we'd be good at it! In fact we're not. Depending on the study being quoted, we remember a dismal 25-50% of what we hear. That means that when you talk to someone for 10 minutes, they only really hear 2½-5 minutes of the conversation.

Turn it around and it reveals that when you are receiving directions or being presented with information, you aren't hearing the whole message either. You hope the important parts are captured in your 25- 50%, but what if they're not?

Clearly, listening is a skill that we can all benefit from improving. By becoming a better listener, you will improve your communication skills, as well as your ability to influence, persuade negotiate. What's more, you'll avoid conflict and misunderstandings.

The way to become a better listener is to practice "active listening". This is where you make a conscious effort to hear not only the words that another person is saying but, more importantly, to try and understand the total message being sent.

In order to do this you must pay attention to the other person very carefully. You cannot allow yourself to become distracted by what else may be going on around you, or by forming counter arguments that you'll make when the other person stops speaking. Nor can you allow yourself to lose focus on what the other person is saying. All of these barriers contribute to a lack of listening and understanding.

To enhance your listening skills, you need to let the other person know that you are listening to what he or she is saying. Acknowledgement can be something as simple as a nod of the head or a simple "uh huh." You aren't necessarily agreeing with the person, you are simply indicating that you are listening.

You should also try to respond to the speaker in a way that will both encourage him or her to continue speaking, so that you can get the information if you need. While nodding and "uh huhing" says you're interested, an occasional question or comment to recap what has been said communicates that you understand the message as well.



## Making a great presentation

Giving a presentation can be daunting - especially if you haven't done it before. Follow these tips and you might see things run more smoothly.

Writing the presentation

Your main purpose of the presentation is to convince, persuade or inform your audience. If you invest time preparing it you'll be able to do this:

Decide on the main theme and write down everything that supports it;

Organise it into sections and write a small introduction;

Write a conclusion which sums up the important points;

Make phrases short and easily understandable;

Decide on a format e.g. a laptop computer, slide presentation or a presentation folder;

Choose a simple but attractive design;

Use visuals like photos, graphs, videos and computer animations;





## Preparing for the presentation

Once you've written and produced your presentation you need to plan the event:

If you've never presented before ask for some training;

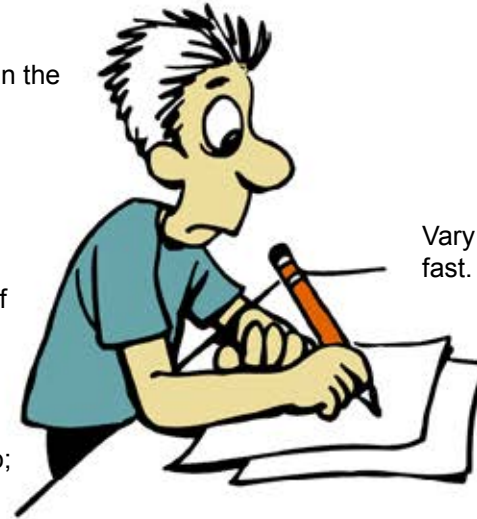
Watch other people present so you know what's expected;

Learn and practice the presentation beforehand, preferably in front of someone else;

Anticipate questions you might be asked and your answers;

Make sure you know how to operate the projector, computer or video;

Allow yourself enough time to set up beforehand.



Vary your pitch and tone of voice. Speak clearly and not too fast.

Once you're into the presentation be aware that you may need to do the following:

Cut a topic if it seems to be dragging too long;

Add in something new if it seems relevant

Change the running order if the audience wants to talk about a later topic earlier on;  
Keep to your allotted time.

## The presentation itself

First impressions count and you want to appear confident, gain respect and set your audience at ease:

Invite comments and questions either throughout the presentation or at the end;

Talk loudly enough so that the people at the back of the room can hear you.

A presentation is like a performance, so make the most of it:

Smile, enjoy yourself and look at all members of your audience, making eye contact;

Stand up straight, keep your hands free and towards the audience;

Look serious, sad, enthusiastic or excited at appropriate moments;

Don't read off cue cards but make it sound like you're talking spontaneously;

## The follow-up

Presentations are not easy to do well even if you are a professional speaker. Understanding your audience, having a catchy topic, being loud enough to be heard are all things that require practice.

### Using technology

Some links are provided to introduce you to some of the technologies that can help you to present a message to others.

Podcasting <http://www.youtube.com/watch?v=vMgemQahuFM>

Wiki's <http://www.youtube.com/watch?v=-dnL00TdmLY>

Social media <http://www.youtube.com/watch?v=MpIOCIX1jPE>

Powerpoint <http://www.youtube.com/watch?v=VUqIDs5MZxM&feature=related>

Making a poster <http://www.youtube.com/watch?v=8vjRbd0Fjmc>



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