

# opportunities

## COMMONWEALTH AWARD SYLLABUS



### Compulsory Challenges

#### HISTORY OF GUIDING

- Be able to talk about guiding from its beginning at the Crystal Palace Rally in 1909, including the development of world guiding.
- Know how guiding developed in your own country.
- Understand the basic aims and principles of guiding.

#### KNOWLEDGE OF THE COMMONWEALTH

- Know something about the development of the Commonwealth of Nations.
- Be able to talk knowledgeably about a Commonwealth country other than your own. Your knowledge should include:
  - A day in the life of the people.
  - A little about the cultures and religions of the country.
  - How guiding began and has developed.
- Do something practical in relation to the country of your choice (for example, correspond with someone, prepare a typical meal, produce a scrapbook, learn a craft or make a collection of stamps).

#### COMMUNITY ACTION

Carry out service within the community. This should cover a total of not less than 20 hours over a minimum period of three months and within a maximum period of six months. Explain why you have chosen this particular form of service.

### Optional Challenges

Unless otherwise stated, all clauses within an option should be completed.

#### HEALTH

- Know what health services are available in your own country. Find out what immunisation is required for entry into two other Commonwealth countries in an area of the world other than your own. This information should be correct at the time you are doing the challenge.
- Explain how nutrition and sanitation can affect the health of your family.

#### ENVIRONMENT

- Study one of the following in your country in detail:
  - environmental pollution
  - water supplies
  - forestry
  - conservation
  - soil erosion
  - sustainable resources.
- Find out about the environmental issues in another Commonwealth country and investigate how that country is addressing them.

#### CULTURAL HERITAGE

- Know about the cultural heritage of your own country under two of the following headings: art, music (vocal or instrumental), dress, literature, poetry, dance, and craft. Produce a collection of items, such as pictures, programmes, instruments or books, for your chosen subjects. Be able to demonstrate or perform one of your choices.
- Discuss three religions, denominations or faiths found in the UK with a group of your peers.



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### **FIT FOR LIFE/OUT OF DOORS**

Do either A or B.

- A. Take part in, or learn about, a physical activity (sport or skill) new to you. Explain the benefits for young women of regular physical activity.
- B. Participate in a camp of not less than two nights on two occasions within three years.

### **PUBLIC SPEAKING AND DEBATING**

Do either A or B.

- A. Give a talk to a group of your peers on any subject you choose, which should last not less than five minutes.
- B. Take part in an organised debate as the principal speaker for or against the motion.

### **CREATIVE WRITING**

- Write a short story or a poem about life in your own country, or tell a legend from your cultural heritage.

### **CITIZENSHIP**

- Describe your own system of government and that of a different country in the Commonwealth.
- Demonstrate your knowledge of disaster preparedness appropriate for your country. This could include flooding, hurricanes, bush fires and other natural disasters. Find out which agencies in your country are responsible for dealing with natural disasters.

### **INVESTIGATION**

Do either A or B.

- A. Investigate the public education and nature conservation programmes of an institution such as a national park, wildlife sanctuary, zoo, botanical garden and so on. How does this fit in with the United Nations Environment Programme (UNEP)?
- B. Talk to your unit about the architectural developments in your town/area over a specific period, and take them to visit at least two historical buildings or monuments you have investigated.