

Ambassador Journey Guide

Outdoors

Ambassador Outdoor Journey

1. The Purpose of the Outdoor Journey

i This Journey is designed to give you the skills to succeed in outdoor activities. It challenges you to go into your “stretch zone”. Through outdoor activities, challenges, and experiences you will not only gain a greater understanding of the world around you, but also learn how to be environmental advocates and stand up for the issues in your community.

2. Take Action Project

i To complete the *Outdoor Journey*, finish the Journey using Volunteer Tool-Kit (VTK) and complete a take action Project.

Have you noticed outdoor concerns in your community? This is the time to help make those positive changes. While impacting your community you will gain an array of skills such as planning, public speaking, and delegation.

Examples:

- **Public Policy:** City environmental policies greatly impact the city. Does your town have any policies you think need changing? Now is the time to take action! Contact your local representatives, create an actionable plan, and incite the change.
- **Community Development:** Community cleanups, historic preservation, and nature preservation are all areas of impact for your community.
- **Environment and Energy:** Are you an environmental activist? Do you find yourself reading articles about deforestation and pollution, waiting for someone to do something? Now is the time to take action! You can create a state-wide ordinance for forest protection or create a biodegradable educational pamphlet explaining how we can be more environmentally conscious.
- **Education:** Educating fellow high schoolers on environmental advocacy and concerns can create a lasting impact. These girls can then go out with the information you provided and further impact outdoor issues. Creating an informational pamphlet or a website with an outdoor experience challenge can be a part of your take action project.

3. Adventurer, First Aid, and Adventure Camper Badges

i Beyond your take action project you have the opportunity to earn the Adventurer badge, First Aid badge, and Adventure Camper badge. Outlined below are the steps to achieving them!

- **Adventurer:** To earn the Adventurer badge, set out and complete a multi-day trip with an adventurous activity. This multi-day trip can be anywhere! Given this flexibility this needs to be a girl-led adventure.
- **First Aid:** To earn the First Aid badge you must be CPR certified and then qualify for another certification such as a lifeguard or wilderness first aid.
- **Adventure Camper:** To earn the Adventure Camper badge, set out and complete a camping trip with an adventurous activity. This can mean rope climbing, white water rafting, or even ziplining!

4. Field Trips

i Time to go into the outdoors and explore the world around you!

Examples:

- Go on a local hike—try to identify four types of local flora and fauna.
- Visit the beach—measure the tide levels, collect shells, and try to leave it cleaner than you found it.
- Visit a local orchard. Learn about the conditions crops must be grown under, the water usage of the orchard, and the differences between organic and GMO food.
- Go rock climbing! Explore the differences in free climbing versus regular climbing and learn about the different places to go rock climbing.
- Go canoeing—explore the water temperatures and how it affects the aquatic animals.

5. Outdoor Journey Ending

i Now that you've learned about environmental advocacy and completed a take action project that was sustainable and measurable, you have completed the *Outdoor Journey*. Congratulations! Take time to reflect over everything you have learned so far and make sure to share it with your fellow Girl Scouts.