

Senior Journey Guide

Outdoors

Senior Outdoor Journey

1. The Purpose of the Outdoor Journey

- i** Make your adventure a reality through the *Outdoor* Journey as you venture into nature, connect with others, and take action on a community issue! Through observations and connections, you will create new connections with the world around you.

2. Take Action Project

- i** To complete *Outdoor*, finish the Journey using Volunteer Tool-Kit (VTK), complete a take action project and earn Senior First Aid badge, Senior Adventure Camper badge, Sky badge, and a take action project.

A take action project at this level should be measurable and self-sustaining. If you have the idea to clean up a local park you can introduce a recycling program but who will manage it? How can it be sustained beyond your involvement? You are encouraged to also consider how you could make this project global (as in beyond your immediate community).

3. First Aid, Adventure Camper, Sky and other Awards

i Throughout the Journey you must earn the First Aid, Adventure Camper, and Sky badges. You will also have the opportunity to earn other badges should you choose to do them. Outlined below are the required and optional badges you can earn.

- **First Aid:** Find out how to perform triage, know how to help a head or neck injury, learn how to use everyday objects to make splints, recognize the signs of drug overdose and alcohol poisoning, and share your knowledge with others.
- **Adventure Camper:** Plan your adventure camping trip, gather your camping gear, plan and prepare your trip meals, and go adventure camping.
- **Sky:** Watch the skies, investigate the science of skies, explore the connection between people and flight, help clear sky pollution and create sky art.
- **Adventurer:** Enhance your adventure, get in the team spirit, know your gear, plan your service to the great outdoors and capture the adventure!
- **Outdoor Art Expert:** Explore art outdoors, make something, create or share music inspired by nature, capture nature digitally, and design outdoors.
- **Paddling:** Explore the three paddling sports, learn paddling safety, practice paddling techniques, go on a short paddling adventure, and take your paddling skills to the next level.

4. Field Trip Ideas

i Field Trips give you the opportunity to put your newfound skills into practice. Throughout this Journey try to take at least two field trips that can expand your understanding of the outdoors.

5. Outdoor Journey Ending

i Once you have completed the *Outdoor Journey*, badges, and your take action project you have finished the Senior *Outdoor Journey*! Take time to celebrate this accomplishment and share what you've learned with your fellow Girl Scouts.