

WAGGGS WORLD CENTRES



Creative Team

Kusafiri: Carine Ruremesha

Our Cabana: Junerkris Chirinos, Andrea Sánchez

Pax Lodge: Liz Tranter

Our Chalet: Ray Davis

Sangam: Adele Lynch

Design: Diana Correa

With thanks to Magdalene Thomas,
Head of International Operations.

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MY WORLD CENTRES ADVENTURE

Welcome to the World Association of Girl Guides and Girl Scouts (WAGGGS) World Centres International Adventure Activity Pack. Here you will find activities to help you discover the perfect adventure for you and get ready to set off on your travels!

You can do the activities at your own pace, on your own, with your unit/troop, or with friends and family. If you get stuck or need more information, you can contact the World Centres through the WAGGGS website at www.wagggs.org or follow us on social media!

We'd love to see how your adventure unfolds – you can share your adventure with us on social media using the hashtag #myworldcentreadventure



THE WORLD CENTRES

Do you know that WAGGGS has five World Centres? They are: Sangam in India, Pax Lodge in the UK, Our Cabana in Mexico, Our Chalet in Switzerland, and Kusafiri which moves around Africa.



WHAT IS A WORLD CENTRE?

The World Centres offer to Guides and Girl Scouts the opportunity of a lifetime – an international adventure where they can make new friends and go on their own journey of personal discovery.

WAGGGS has 10 million members in 150 different countries! One of the highlights of being a Girl Guide or Girl Scout is being able to take part in international opportunities – experiencing new countries and cultures and making new friends from around the world! Travelling to a World Centre allows you to experience this!

Located all around the world, each World Centre offers a unique experience for Girl Guides and Girl Scouts who are curious about the world around them.

They offer opportunities and experiences to suit your needs and that of your group – either by visiting for the day, taking part in an event or being part of a longer-term volunteer/intern placement.

The World Centres are open to members and non-members of Guiding and Scouting, groups, families, and individuals of all ages and genders.



Our Chalet – Since 1932. Our Chalet has helped thousands of girls and young women from around the world to challenge themselves and develop new skills in the idyllic setting of the Swiss Alps.



Sangam- Located in Pune, India. Sangam provides girls and young women with outstanding international opportunities for lifelong learning, community action and personal transformation. The word Sangam means 'coming together' in the ancient language of Sanskrit. Since 1966, the Centre has been a safe place for members of Guiding and Scouting to come together and share their cultures and experiences.



Kusafiri - has no fixed site but changes location across the Africa Region for every event it hosts. Using existing facilities, the innovative approach enables many more girls and young women across the continent to take part in the life-changing international experiences that WAGGGS offers.



Our Cabana - located in the "City of Eternal Spring", Cuernavaca, Mexico. Our Cabana is the place where 'dreams come true'. Since opening in 1957, Our Cabana has been welcoming guests from all around the world, offering a range of activities and programmes focused on international friendship, challenge, adventure, self-development and most of all, fun!



Pax lodge - Pax Lodge was officially opened in London, in 1991. Years before the World Chief Guide had had a dream that one day the World Bureau and the London World Centre would once again be united in the same location. This dream was realised when Pax Lodge was officially opened.

Here are all the activities you can find in this Pack. You can choose to complete them all or just do the ones that are most relevant to you. Enjoy preparing for your International Adventure!

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STARTING YOUR INTERNATIONAL ADVENTURE

CREATE YOUR CREST!

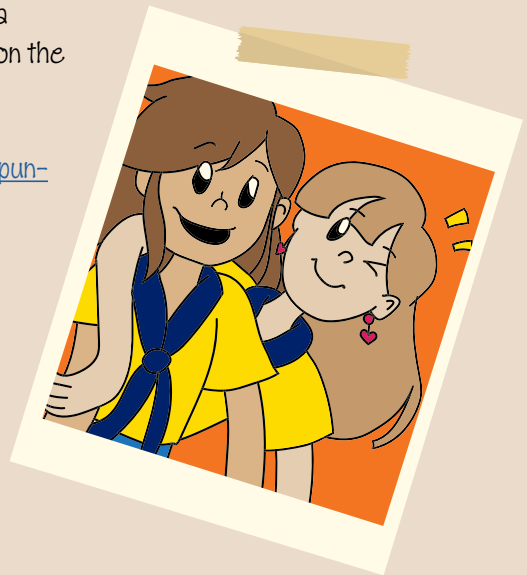
An international trip to a World Centre is a great adventure! There are many ways an international travel experience can help you learn new skills, develop new ways of thinking and discover new passions.

Below you will find an outline of a crest or coat of arms. Crests or coat of arms are used to show achievements, values or mottos. Throughout this activity pack, you'll find activities to help you create your own travel coat of arms. Let's start by filling in the upper part of the crest with your values or ideas that are important to you. You can write or draw your ideas.

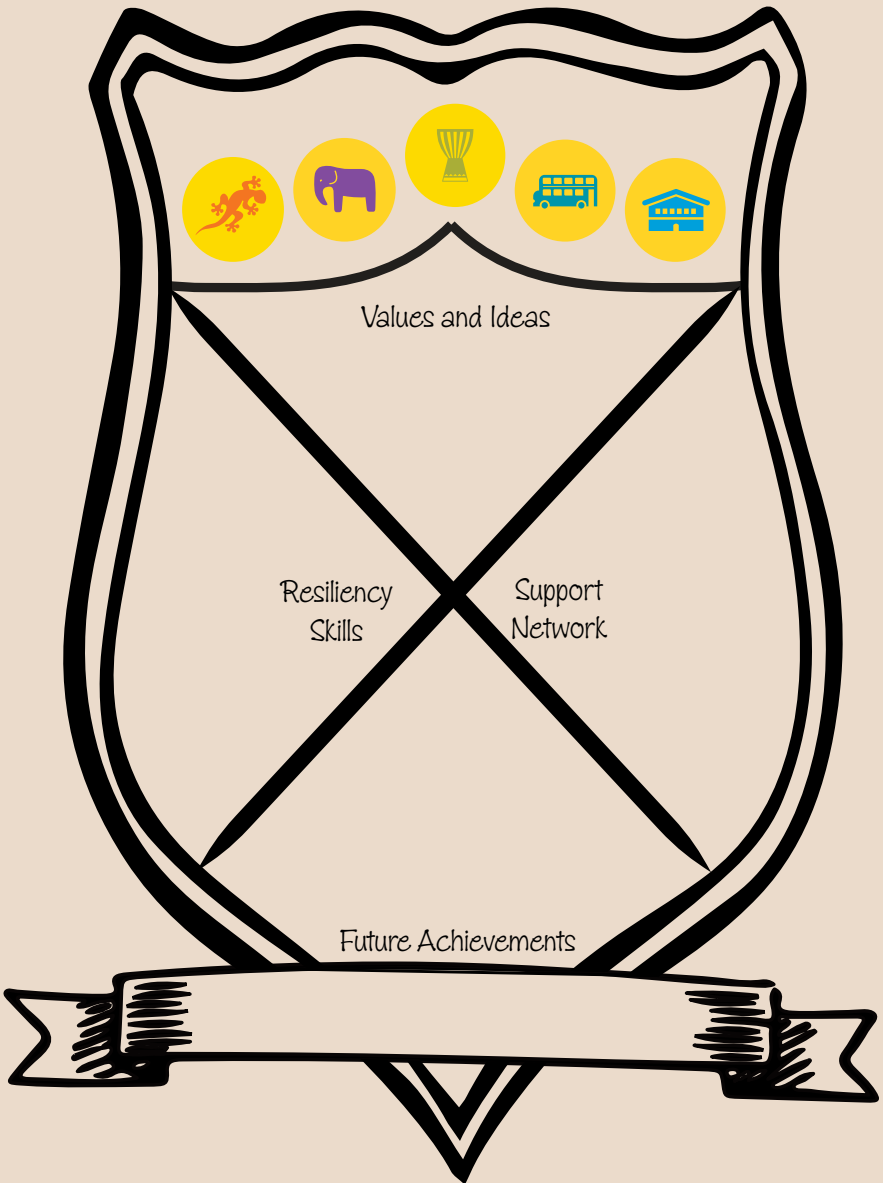
Think about the values that might be influenced by international travel. For example, perhaps you value friendships – international travel will allow you to meet people from different countries and cultures and make new friends. Or maybe you value your leadership skills – international travel offers lots of opportunities to develop leadership skills and put yourself to the test as a leader in a new environment. If you're struggling for ideas, ask your family or friends what they value about you, then think about how those traits or skills could benefit from an international travel experience.

This video may also give you some ideas – Miranda from Australia has visited the World Centres as a volunteer and a group leader and shares her thoughts on the benefits of her travel.

<https://www.youtube.com/watch?v=XSpun-vPXixc>



MY CREST



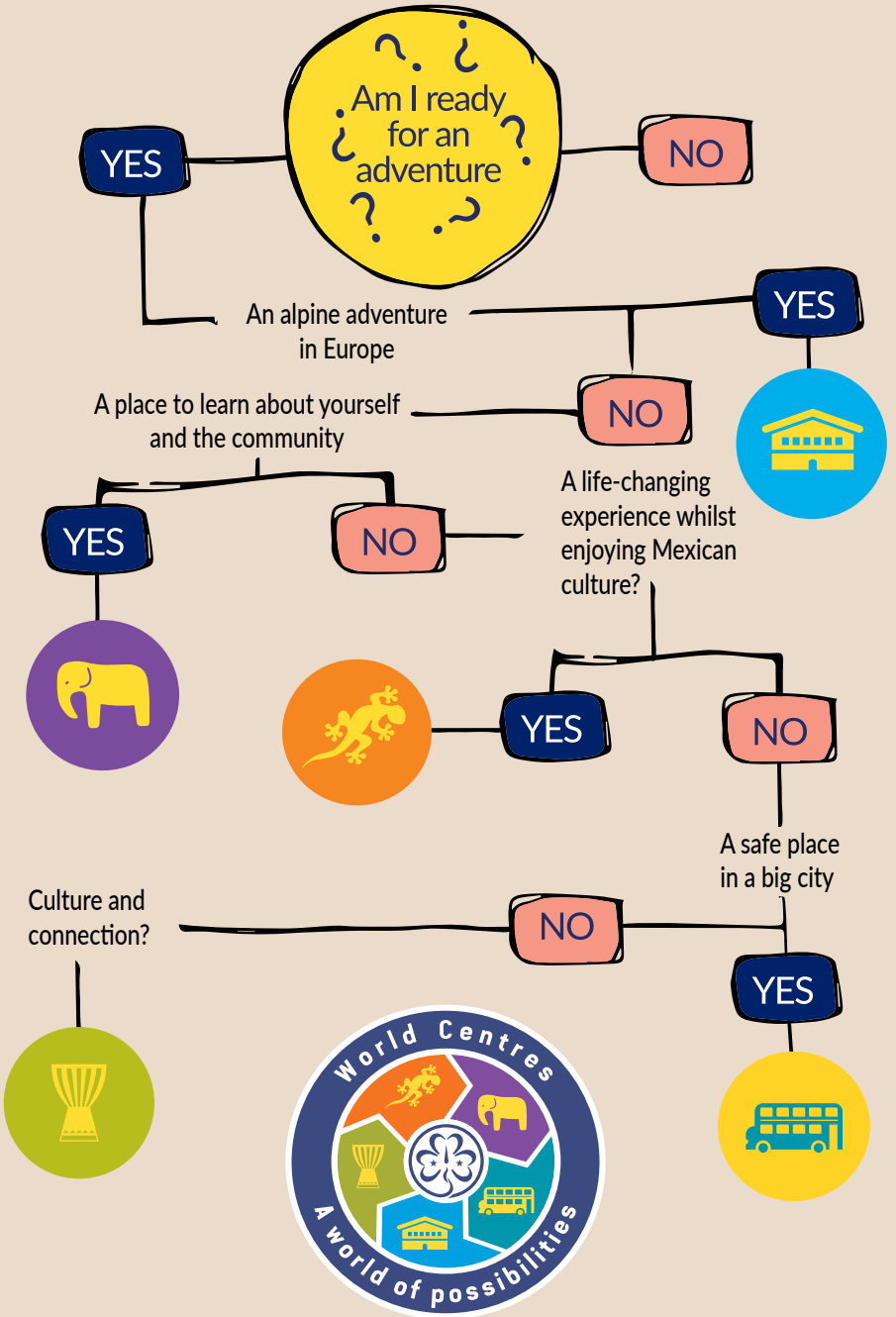
DECIDING WHICH WORLD CENTRE TO VISIT AND WHAT TO DO!

Do you know what opportunities each of the World Centres offer for Guides and Scouts? If not, in the next few pages of this Pack we have decision trees that can help you decide which World Centre (or Centres!) you would most like to visit. They can also help you think about whether you would like to visit as a volunteer, an event participant, or an independent guest.

Once you work through the decision trees, you might find there is one World Centre that is at the top of your list to visit. You can keep this in mind as you work through the rest of the Pack and use each activity to work towards planning for a trip to that World Centre. Don't worry if you can't decide on one World Centre or which opportunity you would like to experience (volunteering vs visiting). You can also work through this Pack with your options open and prepare yourself for any travel adventure!

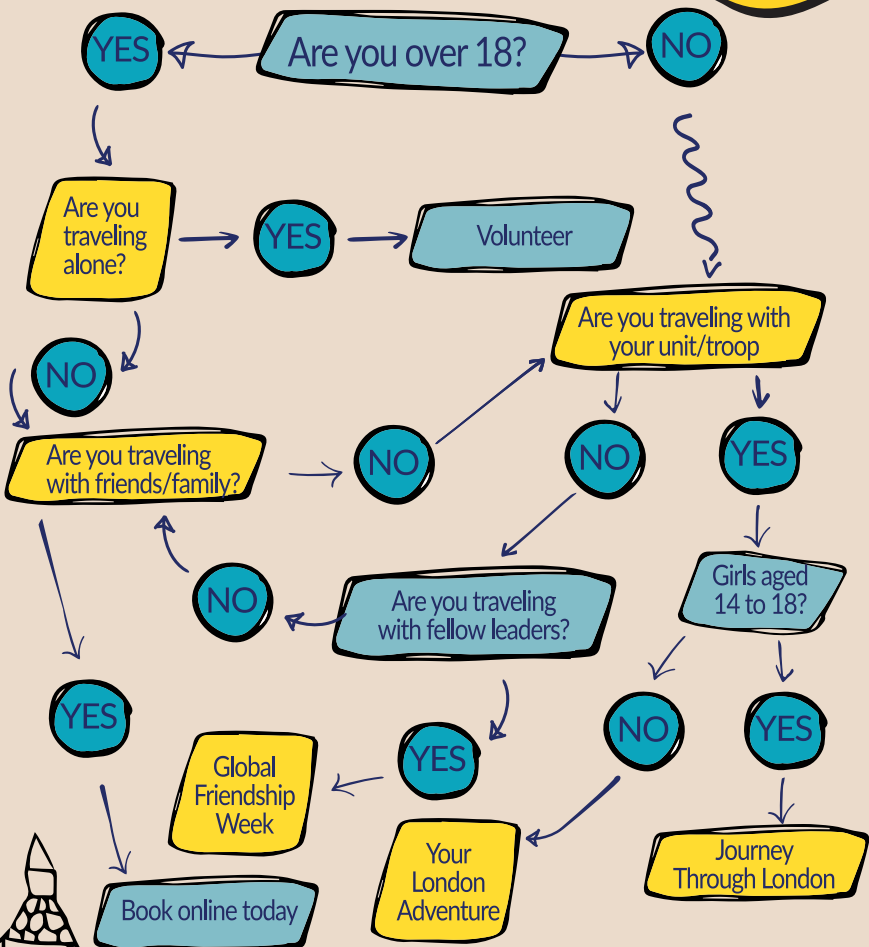
You can find more detail about all the different things happening at each World Centre at <https://www.wagggg.org/en/our-world/world-centres/> or by watching this great video that highlight all the brilliant opportunities the 5 World Centres have an offer: https://www.youtube.com/watch?v=166EZ_JMFOg



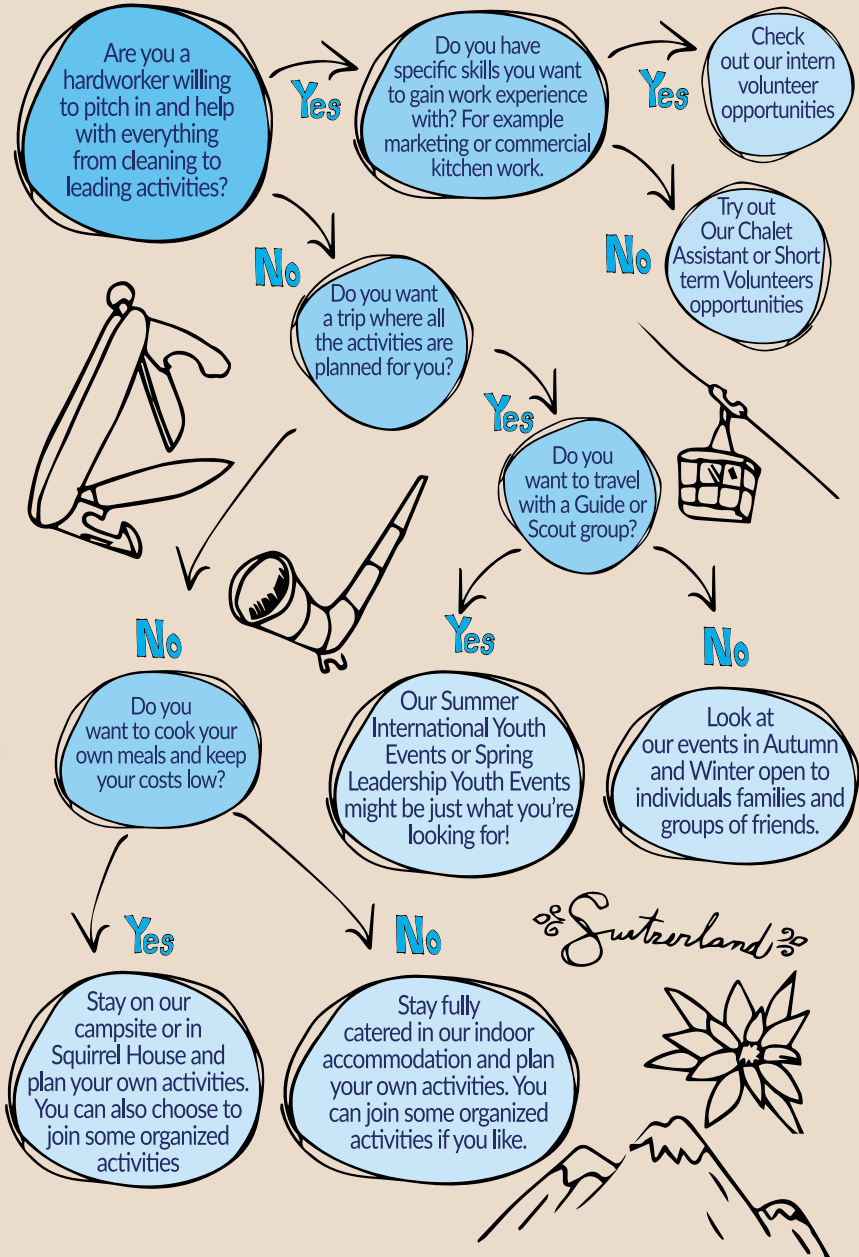


a world of possibilities...

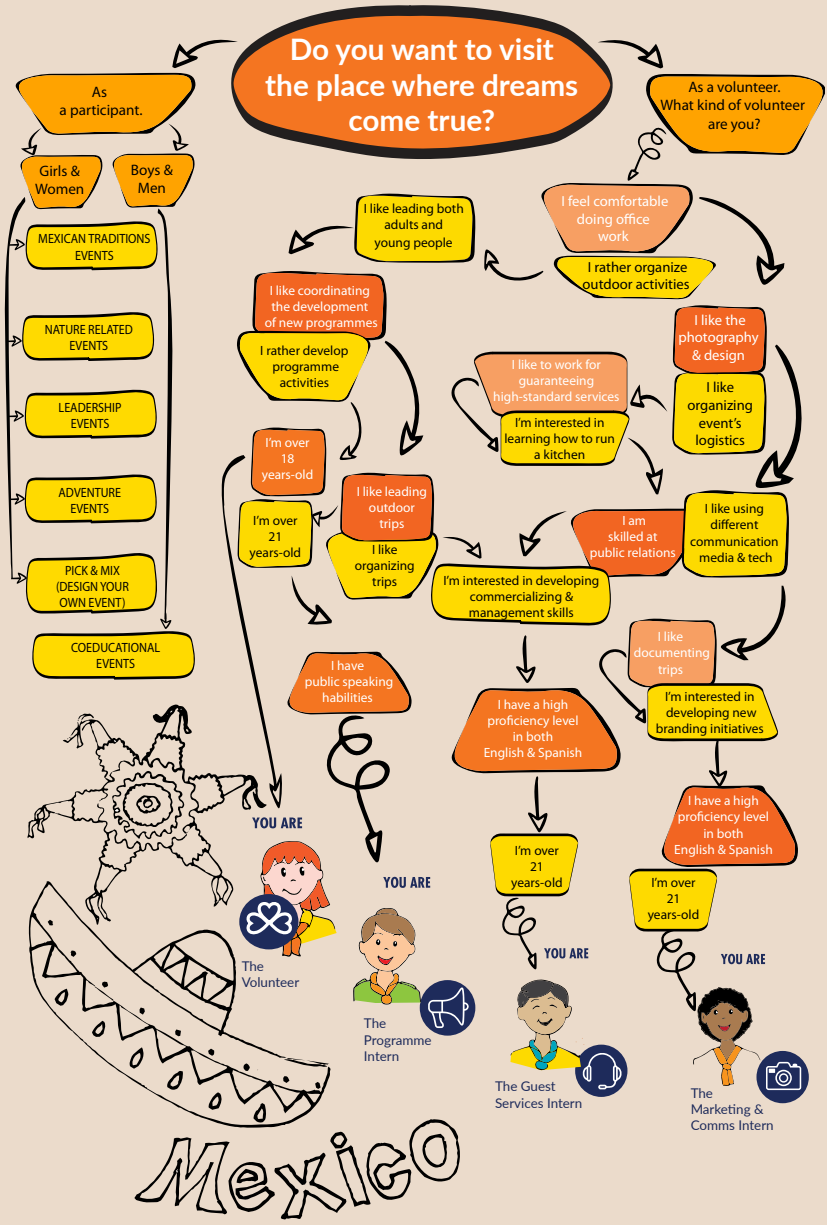
WOULD I LIKE TO VISIT PAX LODGE?



MAYBE OUR CHALET?

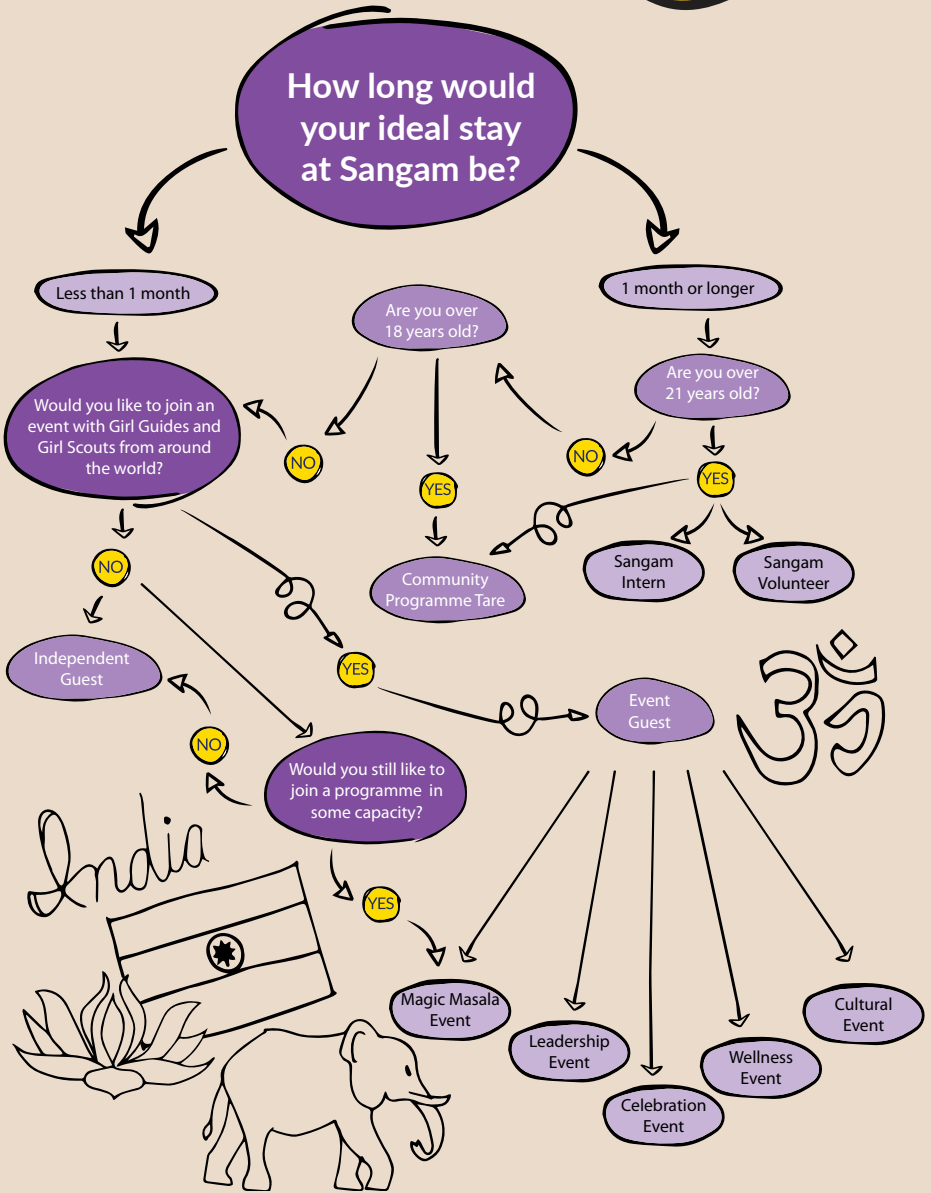


WHAT ABOUT OUR CABANA?



Mexico

OR COULD IT BE SANGAM?



AND KUSAFIRI?



Have you been to Kusafiri?

YES

NO

Would you like to visit again?

Would you like to travel around Africa Region with Kusafiri?

NO

YES

NO

Join Friends of Kusafiri WAGGGS

Encourage a Friend to Join!

Watch out for Our volunteer opportunities

Immerse yourself in African culture while you create lifetime connections Watch Out for new dates of our incoming event in Ghana.

Join our virtual experience- Follow our Facebook page for more info



AFRICA

VOLUNTEERING AT A WORLD CENTRE

If your decision tree leads you to be interested in volunteering, you will be pleased to know that all of the World Centres offer volunteering opportunities as part of our Leadership Development Programmes!

Our Leadership Development Programmes are designed to offer you an opportunity to share your skills and gain new ones within an international environment. Each World Centre offers volunteering opportunities with unique roles and responsibilities and has different requirements, such as age and minimum time commitments.

Our Chalet: <https://bit.ly/OCHvols>

Sangam: <https://bit.ly/SGMvols>

Our Cabana: <http://bit.ly/AllVolunteers>

Pax Lodge: <https://bit.ly/PXLvols>

Kusafiri: for volunteer opportunities for Kusafiri visit their facebook page: <https://www.facebook.com/kusafiriworldcentre/>

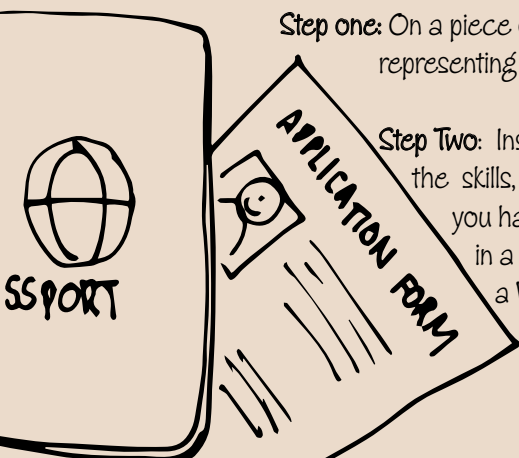
Share your findings with your Guide and Scout friends either in person or through a video or poster.



Now that you know about the opportunities available it is time to start thinking about your application! Whether you are thinking of applying now or in the future, it is a great chance to reflect on what the experience may be like.

Step one: On a piece of paper, draw an outline of a person representing yourself.

Step Two: Inside the person write all of the skills, qualities and experiences that you have that you think would help you in a volunteering experience at a World Centre.



These might include:

- Personality traits – e.g. being hardworking or friendly
- Past experiences – e.g. being a Guide or Scout, previous international experiences
- Musical/ Creative skills- e.g. being able to lead a campfire song
- Your passion for Guiding/ Scouting –Why do you love being a Guide or Scout?
- Experiences from school or work- e.g. anything specific that might help you in a role – working on a team project, timekeeping, IT skills, etc.
- On the outside of the person think of all of the things you would like to gain from the experience.

You may wish to think about how volunteering could help you in your school, work or future career by developing new skills and experiences, such as:

- Leadership skills
- Confidence
- International friendship

Keep your paper safe- it can help you when completing an application form for a World Centre! If it doesn't contain any detailed personal information (such as your school name or workplace) you can share your person on social media using #myworldcentreadventure




We look forward to receiving your application at a World Centre!

PLANNING YOUR INTERNATIONAL ADVENTURE

The possibility of travelling to another country can be both hugely exhilarating and completely overwhelming. Planning well can make a trip more manageable and help you get the most out of your international experience.

In this activity, you will find a complete checklist that has everything you need to plan and organise your journey to enjoy the experience of visiting the World Centres.

 You have already used the decision trees to choose the right World Centre for you. Now it's time to plan your journey! You can use the template to help you plan at the end of this chapter - make sure to tick every step!

DECIDE THE REASON FOR YOUR JOURNEY



Asking yourself what the purpose of your trip is will help you to shape the experience. Do you want to develop new skills and have new experiences? Are you looking for an exciting opportunity to volunteer overseas? Do you want to make life-long friends from around the world? Are you interested in a particular culture or region? Filling in the first part of your travel crest has already prompted you to start thinking about this.



DO YOUR RESEARCH



One of the most exciting steps for planning an international journey is researching the places where you want to travel. Read reviews, guidebooks, blogs from former participants and volunteers. You can visit the WAGGGS World Centres websites where they have a list of events, opportunities available and costs. In this stage, you don't have to plan everything, but it will be helpful to start a 'must-do' list. Don't forget to make a note of deadlines to apply for volunteer placements or scholarships.

APPROXIMATE COST

This depends on the length of your journey and the kind of experience you want to have. Later on in this Pack, you will think about different ways to fund a trip and what costs are essential.



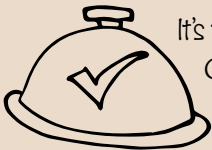
DOCUMENTS

- Passport: Because you are going to travel internationally, you have to have one. If you do not have a passport, it is time to apply for one. If you already have one, now is an excellent time to check the expiration date. Many countries won't allow you to enter if your passport expires within six months from the final date of your trip. Also, make sure you have enough room left for all those new stamps you will be collecting.

- Visa requirements: Some countries require you to apply and pay for a visa. Certain countries allow you to pay for your visa in advance online, other countries let you pay on arrival at the airport, and for other countries, you will not need a visa at all (just a passport). The easiest way to figure out whether or not you will need a visa is by searching online "visa requirements for [country you want to visit] for citizens of [your country]".

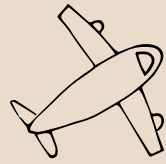


BOOK YOUR PLACE!



It's time to reserve your place! Look at the website for the World Centre that you wish to visit to learn how to book your place. It may be that you want to visit for the day, to attend an actual event that you book on to or you may wish to work with the World Centre to create a tailored event for your group. If you are applying to be a volunteer/ intern, then you need to follow the instructions given in the application process.

FLIGHTS



At this stage it is time to book your flights. Look at your World Centre event booking date or the days that you are going to volunteer then research all the various flight possibilities for your trip. When you are searching, play with different airports that you can fly into and out of to reach your destination, travel dates as well as airlines to try to get a good deal. Google Flights is an easy tool to compare flights from different airlines and multiple airports.

HEALTH



- **Do your research:** Review your country's travel health website. Many governments have a list of countries and their required and recommended immunizations. Do not forget to research the specific location(s) you will be visiting to learn more about health, safety precautions and warnings.
- **See your doctor:** Make an appointment with your doctor to talk about your trip, remember to share any activities or excursions you have planned. Get all recommended vaccines and travel medications and make sure you ask for an international certificate of vaccination. It is necessary to discuss any existing medical conditions and how to manage them abroad.

TIP: Create your own travel health kit to keep you healthy on the go. Consider over the counter medication like antihistamines and anti-diarrhea medicine, medical supplies like glasses, contacts, epi-pens or inhalers.

BUY TRAVEL INSURANCE

Travel insurance is one of the most important things to remember when planning any type of travel. You should get travel insurance as soon as you pay for accommodation or flights. That way, you will be covered if you need to cancel before you travel. If you are going to be taking part in adventure activities, make sure that you specify this on your insurance policy. In the funding section of this pack, you will find more information regarding this topic.





ITINERARY

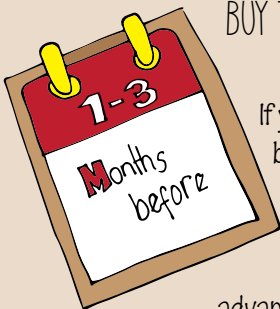
After you have booked your flights, it is the moment to make a detailed itinerary built around the 'must-do' items that you created at the beginning. Check which activities and excursions are included during your stay at the World Centre then create your itinerary for before or after your visit. For more information, you can reach by email the Guest Services Coordinators; they are always willing to help you with information about what to visit, transportation, costs, etc.

BOOK ACCOMMODATION FOR BEFORE OR AFTER

If you plan to visit other places before and/or after your trip to a World Centre, now that you know what activities you will be doing each day and where you will be spending most of your time, it is much easier to decide where you want to stay. Book your accommodation close to the things you want to do, so you won't waste time or money getting back and forth to your hotel every day.

BOOK TRANSPORTATION

Are you going to a city with good public transportation? Plan to use the subway or metro. Are you going to take a train or bus between cities or fly? These are all good things to think about and book ahead of time, so you do not have to worry about them when you get there. In another section of this pack, you will find useful tips for planning public transport journeys.



BUY TICKETS TO YOUR MUST DO ACTIVITIES

If you book tickets ahead of time, you will save yourself time by avoiding lines and you might even be able to get a better deal. If there is a museum you know you want to go to, or if there are certain activities like paragliding or snorkeling, you can generally buy those tickets online in advance. Then you'll also be able to fill out your itinerary better, and it'll save you so much time when you're at your destination.

PLAN YOUR MEDICATION

Check your prescription medications to see if they will last the duration of your trip then talk with your doctor to get refills on any medications you will need and obtain letters for any medication you will be taking with you.

SHOP FOR ESSENTIAL TRAVEL GEAR



Depending on where you are travelling to and the types of activities you will be doing, it is essential to plan to bring the necessary gear as well the appropriate clothes. Go shopping and be on the lookout for sales.

Check with the World Centre you are visiting about what is essential to bring, for many events you may already own everything you need or the Centre may have clothing and equipment you can borrow.

LEARN ABOUT THE COUNTRY

Some countries have a dress code. Think about what you are going to wear and make sure you are getting clothes that are appropriate for the culture and the weather.

LANGUAGE



If you are going to a country that speaks a different language, beforehand is a good time to learn some basic keywords like hello, goodbye, please and thank you. It will make a difference in your journey as well you can feel more connected to the country.

DOCUMENTS

Have copies of your passport and other important travel documents. Scan and save them digitally on your



phone/with someone at home- in the event all your copies are lost or stolen, you will have access to them with a simple phone call/login.

WRITE A PACKING LIST

Packing for a new adventure can be very overwhelming. Get everything out of your head and onto paper by creating a packing list. You can help you out using the information about packing in this pack.



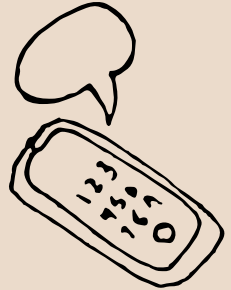
CURRENCY



If it is possible to do so, be organised, check the exchanges rates and get a small amount of foreign currency before leaving from your local bank but allow at least a week for them to get it.

NOTIFY YOUR FAMILY AND FRIENDS

It is always a good idea to notify your family and friends about your planned itinerary so they can contact you while you are travelling.

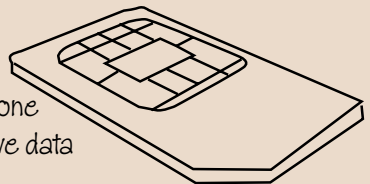


CHECK AIRLINE BAGGAGE RULES AND RESTRICTIONS

Be sure to follow your airline's baggage restrictions to avoid paying extra fees for your flight. Take into consideration to check the guidelines of any additional flight on a small plane; these airlines have stricter luggage policies due to their smaller size.

COMMUNICATION/ELECTRONICS

- International cell phone plans: Many cell phone companies offer international plans that have data as well as discounted voice rates
- International electrical fixtures and adapters: Learn what sort of electrical fixtures and adapters that can handle the proper voltage you may need depending on your destination.





YOUR JOURNEY TO AN INT

The adventure begins!



Decide the reason for your journey



Book transportation



Book accommodation for before or after



Itinerary



Buy tickets to your "must do" activities



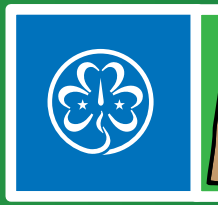
Shop for essential travel gear



Learn about the country



Language





INTERNATIONAL ADVENTURE

<p>Do your research</p> 	<p>Approximate cost</p> 	<p>6 months to 1 year before</p> 		<p>Documents</p> 
	<p>Buy travel insurance</p> 	<p>Health</p> 	<p>Flights</p> 	<p>Book your place!</p> 
<p>1-2 Months before</p> 	<p>Documents</p> 		<p>Packing list</p> 	<p>Currency</p> 
<p>DAY</p> 		<p>Communication/ electronics</p> 	<p>Check airline baggage rules and restrictions</p>	<p>Notify your family and friends</p>



Check with the departure airport for recommended arrival times as processing and check-in can take longer for international trips.

Are you excited? You have made it this far! Trust your planning, follow your instincts, and you will have the trip of a lifetime!

Head to the airport, board your plane (don't forget your passport!). The moment is here. It is time to go on your trip and have a wonderful experience! You have earned it!



During my stay here, I have learned so much about myself, about different countries, WAGGGS, my leadership skills and how things are working in a world centre. It has been an experience that I will keep within me forever. All the staff have

been so nice. The food has been amazing and I am so happy that I got the opportunity to do this!

Sofia Elwe / Sweden
Former Programme Volunteer,
Our Cabaña



IDENTIFYING COSTS

Many people think they will never be able to travel internationally because of the cost. International travel is expensive, but WAGGGS and the World Centres want to help make international experiences a possibility for everyone, regardless of their financial resources. This section of the International Adventure Pack will help you understand what costs are involved in a visit to one of the World Centres, what funding is available, and how you can save money to travel.



There are lots of costs associated with travel, but not all of them are necessary. Make a list of all the things you think you need to spend money on if you travel internationally to a World Centre. Once you have your list print the table on the next page and write the items from your list into relevant columns. If you don't have a printer, you can draw your own table.



ESSENTIAL COSTS



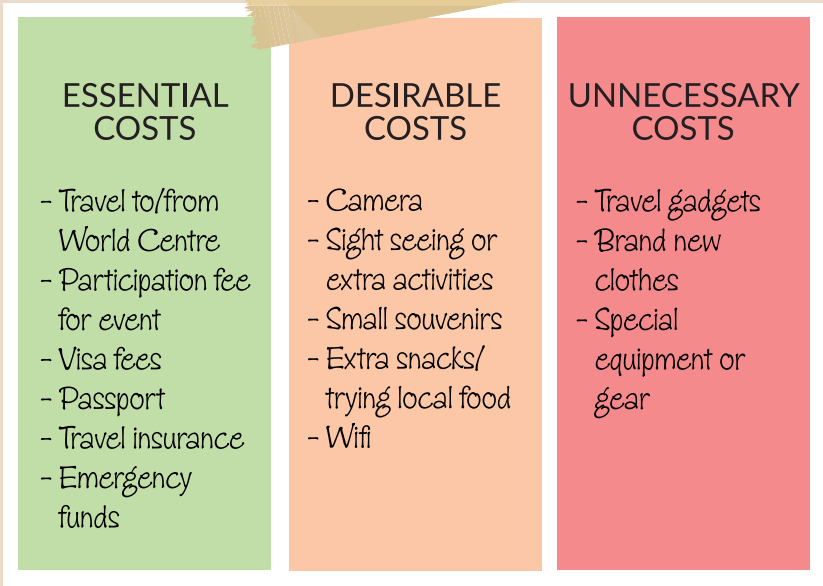
DESIRABLE COSTS



UNNECESSARY COSTS



Your completed table might look something like this:



ESSENTIAL COSTS	DESIRABLE COSTS	UNNECESSARY COSTS
<ul style="list-style-type: none">- Travel to/from World Centre- Participation fee for event- Visa fees- Passport- Travel insurance- Emergency funds	<ul style="list-style-type: none">- Camera- Sight seeing or extra activities- Small souvenirs- Extra snacks/ trying local food- Wifi	<ul style="list-style-type: none">- Travel gadgets- Brand new clothes- Special equipment or gear

This still might look intimidating – that’s a lot of costs in the essentials column – so let’s have a quick look at why these are essential and how to keep the costs as low as possible:

TRAVEL TO/FROM THE WORLD CENTRE

You have to get to where you are going! If you live on the same continent as the World Centre you want to visit it can be much cheaper to travel by train or bus rather than plane. This is still likely to be the biggest expense of your trip.

World Centres often have travel scholarships available to help volunteers and some event participants get to the World Centre. There’s more information on scholarships later in this activity.

PARTICIPATION FEE FOR AN EVENT

If you want to attend an event at a World Centre, there will be a fee that includes accommodation, meals, and activities. World Centres offer a range of events

with lots of different prices. You can compare various events at different Centres to find one that fits in your budget. Some World Centres also have options to make your event cheaper by camping or making your own meals.

Again, scholarships are sometimes available to help those who cannot afford to participate in an event. If you choose to volunteer at a World Centre there is no fee for volunteering and your meals and accommodation will be provided.

VISA FEES

Depending on which country you come from and which World Centre you want to visit you may need a visa.



There is usually a fee to apply for and receive a visa. You can check the process and price for applying for a visa by researching online or contacting the embassy.



PASSPORT

You will need a passport to travel, and usually, you need to pay to apply for a passport.

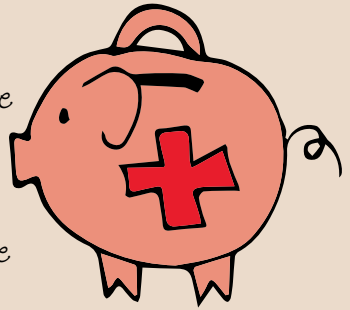
TRAVEL INSURANCE

Travel insurance is essential in case you have to change your travel plans or have an accident or get ill while you are travelling. If you go to a World Centre with a Guide or Scout group, you may be covered by your group's travel insurance.

If you choose to volunteer at a World Centre travel insurance will be provided for you, but you may need to buy extra insurance if you want to try certain adventurous activities like paragliding or skiing.

EMERGENCY FUNDS

Even with travel insurance, it's important to have some money for emergencies. You may need to pay for something that you can later claim back from your insurance, like medical care. Or you may need to pay for something that isn't covered by your insurance, like a taxi if you miss the last bus back to the Centre.



Hopefully, you won't need to spend your emergency funds, and you can use them for something fun after your trip instead!

WAYS TO FUND A TRIP

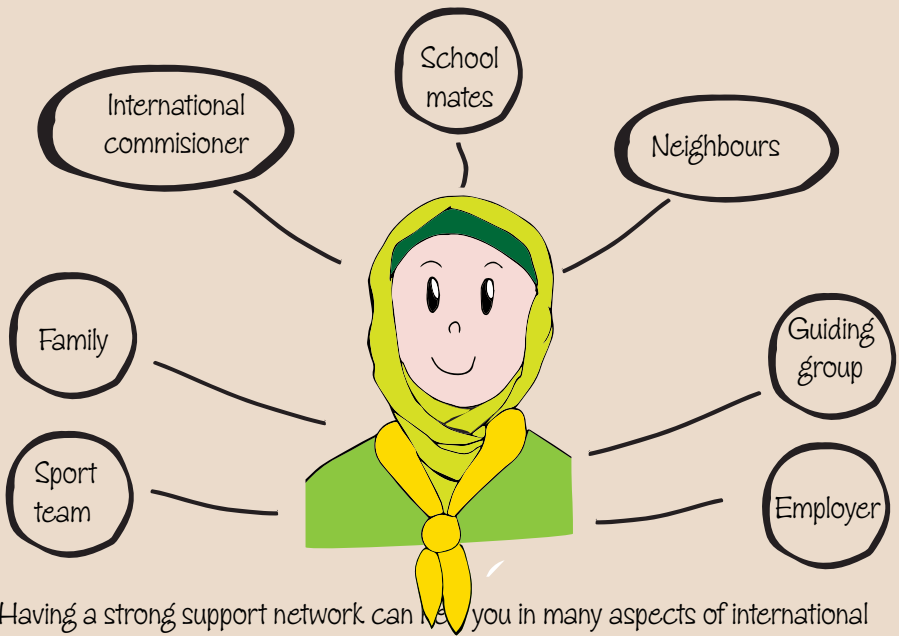
Now you know what the costs you need to cover are, how do you find the money for a trip? There are several different ways to fund an international trip to a World Centre. You can use more than one way of funding your travel. We'll discuss the various funding options soon, but first, let's look at an essential part of planning your international trip.



'In Sangam, I found the perfect place to grow, discover my abilities, improve my skills and find the confidence to continue life's journey.'

Former Marketing and Communications Intern, Sangam

BUILDING YOUR SUPPORT NETWORK



Having a strong support network can help you in many aspects of international travel, including funding your trip. In the first activity in the Pack, you started to build your international travel crest by filling one-quarter of the crest with the skills you want to develop on your travels. Now let's fill in the next quarter.

Think about all the people who could support you on your travel adventure. This could be your family, your Scout troop or Guide unit, your WAGGGS Member Organisation, your employer, your school, your sports team, a local community organisation, or anyone else who might support you.

In the right-hand quarter of your crest, write or draw your support network.

SCHOLARSHIPS

If you would not normally be able to afford an international trip to a World Centre, you may be eligible for a scholarship to attend an event. Each World Centre advertises available scholarships on their website. You will need to apply and may be able to get a full or partial scholarship to cover the participation fee.

for the event. In some cases, you may also be able to get a travel scholarship to help with some of your travel costs. Scholarships don't cover visa fees, passport costs, or travel insurance.

Your Member Organisation may also have scholarships to help its members take advantage of international Guiding and Scouting opportunities. Contact your Member Organisation to find out about these.

GRANTS

There are lots of organisations that offer grants to help young people from certain backgrounds access the same opportunities as their peers. For example, Rotary International has branches all around the world and is sometimes able to offer small grants to help with international travel for educational purposes.



Different organisations offer support to various groups – for example, some help young people with disabilities, others help young people from low-income households, etc. To find organisations in your country, you can search online for 'grant finder' + your country'. Your Member Organisation, Guide unit/Scout troop, or school may also be able to help you find local grant-giving organisations.

FUNDRAISING AND SAVING

For many people fundraising and saving money will be the only way to finance an international trip to a World Centre. You can make this easier by setting a realistic timeline for your trip. World Centres allow you to book trips in advance and you pay for your trip in instalments.



Rules about fundraising are different in every country, so we can't advise on fundraising here. We recommend asking your support network for ideas and advice on how to fundraise in your country.

If your Member Organisation runs national trips, you may like to consider applying to join one of these. As part of a national trip, you will have support and encouragement to fundraise and save and be able to share advice and tips with other people from your country. Contact your Member Organisation to find out if they run national trips and how to apply.

VOLUNTEERING

If you are willing to work hard and spend time living in an international setting, volunteering at one of the World Centres can be a lower-cost way of experiencing international Scouting and Guiding. All the World Centres help to support volunteers by providing accommodation, meals, and travel insurance. Help with travel costs to volunteer is usually available but must be applied for like any other scholarship.

Keep in mind volunteering is a great way to make new friends and really experience a different culture, but it is a big commitment. Volunteers need to work hard and live in shared accommodation and it is a significant change from your day-to-day life, especially if you have not travelled outside of your home country before.

If you're not sure if volunteering is for you, contact one of the World Centres to ask for more information. They may be able to put you in touch with a former volunteer from your country who can tell you what volunteering was like for them.



Thanks!

MARTHA'S STORY

Martha/ Venezuela, stayed at Our Cabana as Marketing and Communications Intern from 08 March 2018 – 10 June 2018. After my time volunteering at Nuestra Cabaña, I've realized this World Centre is not only a place to get to know people from around the world, but it's also a place to get to know yourself; to get to know WAGGGS

and the responsibilities and opportunities you have as a member of the largest voluntary movement dedicated to girls and young women in the world.

Something very meaningful to me is that I have gotten to recognize and develop “the professional me”, I am now very aware of what I’m worth as an asset to any potential professional environment and also, I’ve shaped the leader I want to be. I’ve greatly enjoyed having the opportunity of leading a part of the new volunteers training, which has been a beautiful way of reminding myself that helping other women to recognize and reach their full potential is a huge part of my identity as a woman, as a Girl Scout Leader and as a teacher.

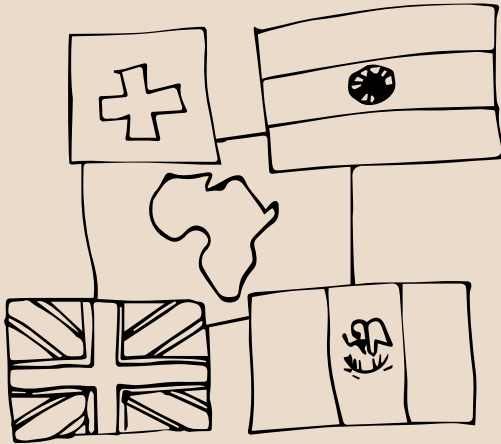


Being a volunteer at Pax Lodge has given me the opportunity to improve my English and become more confident with myself. I feel it was the best training for the next challenges in my life.

The experiences I was given have considerably strengthened my leadership skills and I now know I can do things for myself.

A former volunteer, Pax Lodge


CELEBRATING CULTURES



The World Centres are located in different countries and welcome visitors from all around the world, all with their own customs and cultures. Every event at a World Centre is designed so you can learn and experience many new things about the country that you are in, as well as learning from fellow Guides and Scouts.

Travelling to a new country and experiencing a different culture is very exciting, but it may also make you feel nervous. You will be surrounded by new things and encouraged to jump into new experiences.

One way to help prepare for this is to research the country that you are visiting by before you travel. This might be visiting websites, reading a guide book, talking to a friend, or even watching a movie!

 Research three things about the country/customs of the countries where the World Centres are located that would help you prepare if you were to visit.

This may be finding out the type of food that is eaten, watching a popular movie from that country, or learning about the history of the local culture.

Another great way of learning about different countries and cultures is by talking and sharing with others.

One of the most amazing opportunities of visiting a World Centre is making friends with Guides and Scouts from all around the world and sharing your experiences with each other!



Imagine you are at a World Centre and you are taking part in international night with Guides and Scouts from all around the world. Design a five-minute presentation that you could give to highlight something special from your country or culture.

We'd love to see your presentations on social media using the hashtag #myworldcentreadventure.



Besides, we tried to improve our weaknesses through the events in order to equip ourselves for the future. However, the most important thing we gained here is the friendship between the volunteers, the staffs and the participants. You could never find another place with such a large variety of cultural backgrounds; this is always the most attractive part of the World Centre.

Olivia Cheung / Hong Kong
Former Guest Services Intern,
Our Cabaña



BUILDING SKILLS FOR YOUR INTERNATIONAL ADVENTURE

USING PUBLIC TRANSPORT



Your adventure starts the moment you leave the house, but the flight is the easy part! Once you have landed at the airport, you have to consider how you are going to get to the World Centre. There are different parts to this activity specific to each World Centre and transport in that country.



If you haven't chosen which World Centre you would like to visit you can pick one at random to test your travel skills!



OUR CHALET:

You have arrived at Zurich International Airport and need to get to Our Chalet. Your route is as follows:

- Train from airport to Bern
- Train from Bern to Frutigen
- Bus from Frutigen to Adelboden Oey

Have a look at this website and see if you can find any of the journeys mentioned above. Can you work out how long the whole journey will be to get from the airport to Our Chalet?"

<https://www.sbb.ch/en/buying/pages/fahrplan/fahrplan.xhtml>

Hint - you will need to consider who you are travelling with and how much luggage you will have. One person can transfer much quicker than a big group. Swiss transport is known for running on time, so you can't afford to be late to the platform!



SANGAM:

Many people choose to use a rickshaw for their transport from the airport to Sangam. The word rickshaw originates from the Japanese jinrikisha meaning “human-powered vehicle”.

Horn-honking means many things around the world: in the US it's a kind of protest, in the Middle East, it's a chastisement, and in the UK it's rarely used. In India, it simply means “I'm here”, but with so many people on the roads, that can mean a lot of noise!

Find out and compare other social norms relating to travel and transport in India, UK, Switzerland and Mexico.



OUR CABANA:

From Mexico City airport you can take a bus. The executive bus transportation company is called “Pullman de Morelos” and provides a safe and direct trip to Cuernavaca's terminal “Casino de la Selva”. The ticket costs approximately \$15.00 USD per person. Buses leave every half an hour from 04h00 till 00h30. Once you are in Cuernavaca's terminal, you can take a private taxi there to Our Cabaña and will cost you not more than 4 USD.

Alternatively you can make arrangements with Our Cabaña for private transportation. Weigh up the pros and cons of using public versus private transport in each of the World Centres.



PAX LODGE:

There are a variety of public transport options within London, from trains to buses, trams and underground it can be very confusing. Once you have arrived at Heathrow airport, your first task will be to travel into central London.

There is no 'best' way as there is a difference between the fastest and cheapest route. Look at the following options and decide which would be your 'best'.



Option 1: London underground – Journey time by Tube is under an hour and you shouldn't have to wait longer than ten minutes for a train.

Option 2: Heathrow Express – the journey is approximately 15 minutes. Trains leave every 15 minutes.

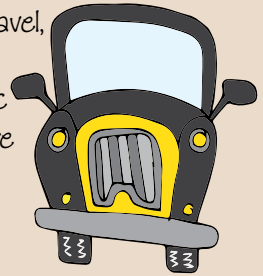
Option 3: TfL rail – this is different to the underground. Take a look at the timetable and decide if this is your preferred option.

Here is the link, where you will find a list of prices for different options – do they have an impact on your 'best' journey?

https://www.london toolkit.com/travel/heathrow_central_london.htm

Once you have made it to central London, you will need to find your way to Pax Lodge. If you have chosen to take the tube from the airport, you may wish to continue your journey all the way to Belsize Park. (Hint – it's on the Northern Line). How many changes will you need to make? [Here is a tube map to help you answer the question.](#)

Bus transport in London is cheaper than Underground travel, and the bus network is very extensive. However there are drawbacks including being subjected to London traffic and trying to figure out what bus you need for where you're going. Are there any other advantages of using the bus rather than the underground? [Take a look at the map to see which bus you would choose](#) (hint – Pax Lodge is on Lyndhurst Road and the nearest bus stop is G).



KUSAFIRI:

Host country organise airport pick up and drop. There is always someone to greet and welcome you on arrival. Transport detailed information are sent prior to arrival if you would like to travel around before or after.

PACK YOUR BAGS

Your World Centres experience will include making friends with Guides and Scouts from around the world, learn, grow and enjoy every day! The entire experience may be exciting, amazing, confusing, wonderful, tiring, inspiring, and so much more – all at the same time! This activity will help you make sure that you have ticked all the boxes of what you need while travelling at your World Centre.

STEP ONE:



First look at the WAGGGS website and find information about what to bring to the World Centre you want to visit. Different World Centres are located in various climates and offer different activities, so you'll need different items depending on where you want to go and at what time of year.

STEP TWO:



Draw a suitcase or backpack that you already have or would like to buy.



In your luggage make sections for what you will need, for example, a section for clothes, a section for snacks from home, a section for uniform, etc.

STEP THREE:



Start to prepare things that you should take with you. You can draw them in your luggage or get some pictures and glue them in your luggage, be as creative as possible and give your luggage lots of colour!

Don't forget to leave space for souvenirs and items from the World Centre shop!

STEP FIVE:



With recycled papers or materials design your own luggage tag – make it as unique and bright as possible so you can easily spot your bag on the baggage carousel!

STEP FOUR:



Close your luggage, and you are sorted! Take a picture and share on social media with the hashtag #myworldcentreadventure.

[What I most valued was] "the opportunity to network and make friends with Girl Guides and Girl Scouts from around the world, learn about and from their leadership/environmental experiences. The informal conversations during meals were some of the most inspiring and eye-opening for me"

Participant at the Helen Storrow Seminar,
2019, Our Chalet.



INTERNATIONAL FRIENDS

Friends are those who make us feel good about ourselves, and the ones who will be there for us in good times and bad.

The World Centres are great places to put into practice your friendship building skills. You will have lots of opportunities to meet people from other cultures and diverse backgrounds.

This activity will help you think about how you build friendships and what a wide friendship circle can offer you.

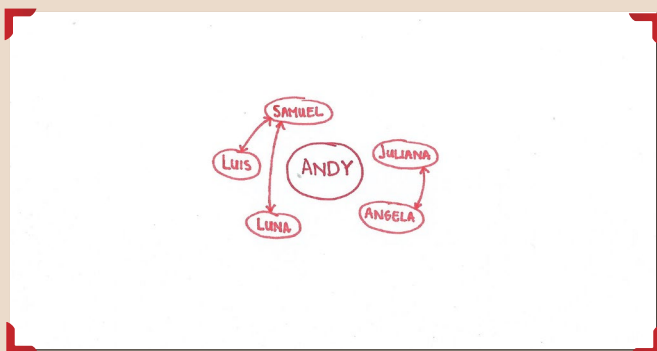
You will need a large piece of paper and six different coloured pens or pencils.



Write your name in the centre of the page.

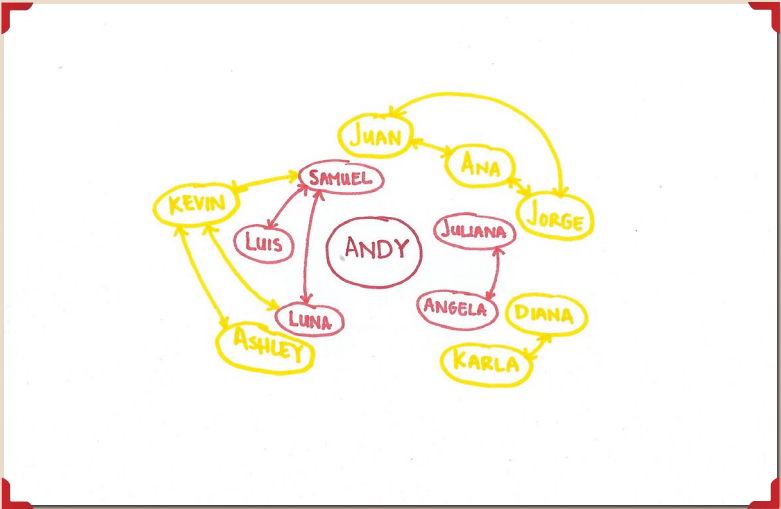


Using your first colour, write the name of each of the friends you can remember from school from age 0-12. Put each person's name in a circle. Draw arrows between those circles to show who is/was friends with each other.

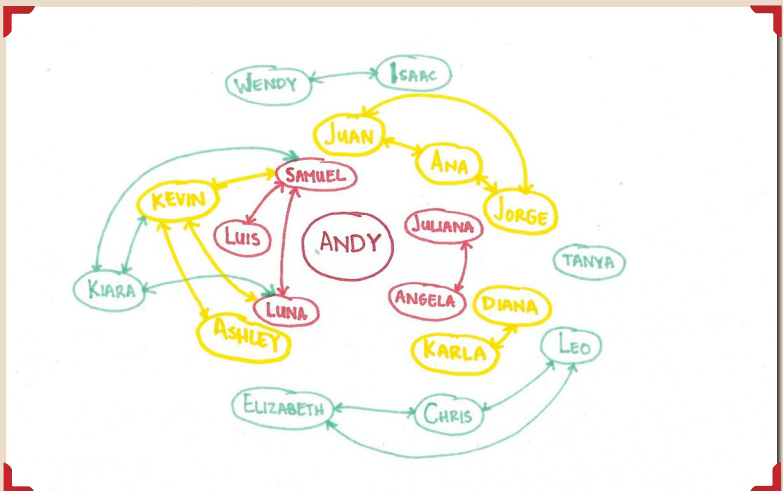




Using your next colour, write the name of any of the friends from school you had/have at any time from age 13 to now. Put each person's name in a circle. Draw arrows between those circles to show who is/was friends with each other.

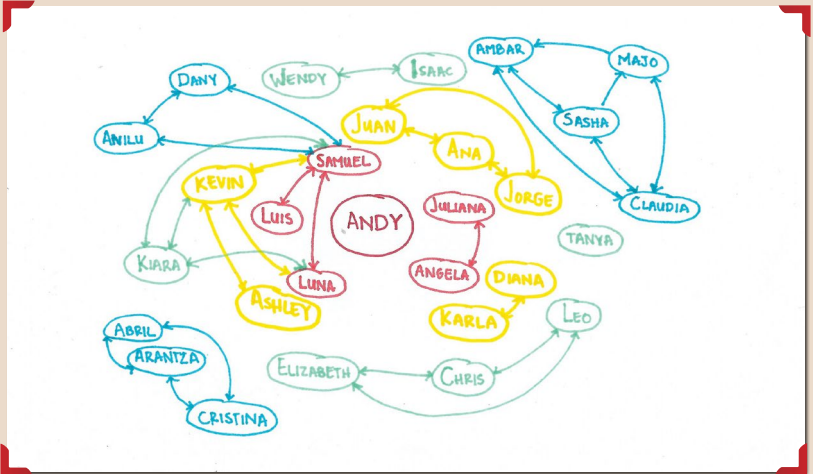


Using your third colour write the name of any of the friends you have had at any time outside of school but not in Guiding/Scouting. They can be from extracurricular activities, family, friends, neighbours - anything that isn't school or Guiding/Scouting. Put each person's name in a circle. Draw arrows between those circles to show who is/was friends with each other.





Using your fourth colour write the name of any of the friends you have made through Guiding/Scouting. Put each person's name in a circle. Draw arrows between those circles to show who is/was friends with each other.



Using your fifth colour:

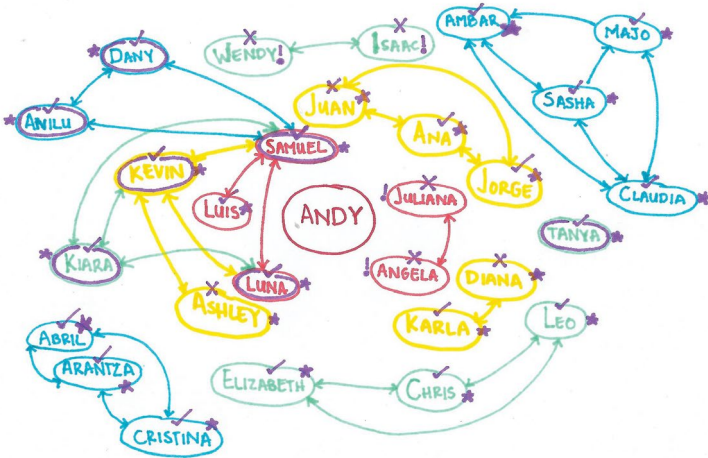
- Draw an X by the names of anyone you are no longer friends with.
- Mark a check by the names of the people you are still friends with.
- Circle the names of people who are your closest friends right now, this is your circle of trust.
- Put a star by the names of people representing friendships that were/are positive and healthy.
- Put an exclamation mark by those friendships you think were negative/unhealthy or ended in a negative/unhealthy way.

Take some time to reflect on the various friendships you've had and have.



What do you want from your friendships in the future?

- How many of those friendships were healthy? Why?
- What have you done to maintain the friendships you have now?
- Are you happy with the circle of trust you have?
- Do you think that your Guiding/Scouting friendships have added value to your life?



Using your sixth and final colour, somewhere on your page write down two things that your friendships over time have taught you and two things you want to remember for the future friendships you haven't made yet.

If your next experience is at a World Centre, remember these learnings to help you find and keep extraordinary friends.

<https://youtu.be/UTEr6Za5XVw>

"I've never tasted so much freedom in my life. Where I can be who I want to be, do what I want to do and say what I want to say. Because of that, I've discovered my fullest potential and limitations. Thank you so much JLS Kusafiri for the experience."

Participant at The Juliette Low Seminar,
2019, Kusafiri.





We never know when an emergency will happen. Luckily, true emergencies are rare, but things don't always go to plan when travelling. Your plane might be delayed, your luggage could get lost, or you might accidentally get on the wrong train! It helps to be prepared and think about how you might cope with something unexpected while you are travelling.

In the fundraising section of this Pack, we've already thought about your support network. Having people to support you is an important part of undertaking any adventure, but there might be times when you can't get in touch with people immediately and need to support yourself.



Everyone has skills or abilities that can help them tackle an unexpected situation. Unscramble the anagrams below to find examples of some skills or abilities you might have:

HEADLREISP

NPNLGANI

MPBROLE (first word) NOLISVG (second word)

LLEIBIIXTYF

OMUTNICMAIONC

UMORHU

Answers are at the bottom of the page – no cheating!

These are just some examples of traits that might help you cope when something doesn't go according to plan. Things that help us in difficult situations are called resiliency skills. What other skills or abilities do you have that help you deal with unexpected things? Fill in the lower-left portion of your crest or coat of arms by drawing or writing your resiliency skills.

As a volunteer facilitator, you help young woman develop their leadership journey and potential through workshops and trainings. We loved to see the halls filled with girls (and facilitators!) full of potential and wonder as they lived a World Centre experience

Volunteer Facilitator for The
Juliet Low Seminar, 2019, Pax Lodge



Answers: leadership, planning, problem solving, flexibility, communication, humour

SELF-CARE

No matter what our skills are, one of the most important things we can do to handle an emergency or unplanned situation is taking care of ourselves. Travelling is exciting and adventurous and exhausting! Your brain is constantly learning new things, you may be more physically active than normal, and time changes and travel can mean less sleep than usual.

It's much harder to cope with problems or changes to plans when you're already tired, hungry, or overwhelmed by new information. Taking care of yourself is an important skill, and one that needs practice. Use the examples on the next page and blank templates on the following page to create a 'self-care wall' and a 'travel care wall'.



For the travel care wall, think about what items you could take with you when travelling. Remember, you don't always need a physical item for self-care, it can include things like taking deep breaths, going for a short walk, or finding a quiet spot to sit with your eyes closed for five minutes.



SELF CARE WALL

For physical well-being



For reflecting on positives



For relaxing



For connecting with others



TRAVEL CARE WALL

For homesickness

For loneliness

For worry

For tiredness

SELF CARE WALL

For physical well-being

For reflecting on positives

For relaxing

For connecting with others

One of the best things I've discovered about travelling to World Centres is that it allows you to have enriching experiences simply by being surrounded by different people in a new environment. I can gladly say that traveling to Madagascar and being surrounded by my guiding family was an amazing gift which came at the right point in my life."



Tebogo
Kusafiri Madagascar 2017

ON YOUR INTERNATIONAL ADVENTURE

READY TO GO!

You have made your preparations, and now you are ready for your trip! Whether you are visiting a World Centre for the first time or you have returned many times, there is always lots of excitement when you finally arrive!



You may be visiting for the day, attending an event or volunteering at a World Centre – there are so many new things to learn and experience, new foods to try and new friends to make which will make your trip completely unique! Imagine it is your first day arriving at a World Centre. As you enter, what commitment or promise would you make to yourself to ensure that you make the most of every experience?

For example:

- To talk to one new person every day,
- To record the experience by taking lots of photos.
- To do something that I am nervous about.
- To try new food.



Draw a picture/ symbol representing the World Centre that you are visiting and imagine your dream trip! Use your imagination to create what your trip would look like. You could write or draw around your picture/ symbol.

You may wish to think about:

- Who would you be travelling with?
- Who would you meet?
- What emotions would you be feeling?
- What activities do you want to take part in?
- What food do you want to try?
- What do you want to learn?
- What will be your favourite moment?

We would love to see what your World Centre adventure looks like! Tag us on social media using the hashtag: #myworldcentreadventure

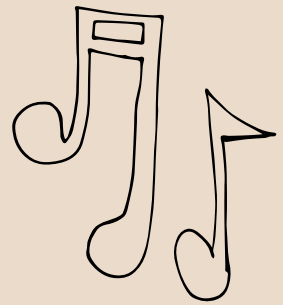
REFLECT AND LEARN FROM YOUR INTERNATIONAL ADVENTURE!

REFLECTION

You have begun to experience what the World Centres are all about. Now it is time to reflect on your experiences and what you have learnt.

There are several ways to reflect and, now is your chance to get creative! Here are some suggestions:

1. Soundtrack to my travel
2. Vision board
3. Mix it up!



SOUNDTRACK TO MY TRAVEL

You will need access to a library of music



Create a playlist inspired by the activities you have completed.
Remember

- to incorporate a variety of artists, genres, speeds, intensities, instruments, beats, etc. into your playlist.
- the optimal length of a playlist is about 30–50 songs. If your playlist includes too many songs, your theme and purpose will likely be lost, and it will be more of a big list of songs than a playlist. On the other hand, if your playlist is too short, your theme and purpose won't be conveyed.
- only include 1–2 songs per artist in your playlist. You want your playlist to have variety, and playing the same artist more than once or twice will take away from that crucial quality of your playlist.
- vary the mood, the tempo, and the tones in the music somewhat, or else it'll get repetitive and dull.

Finally, when you're finished, put on some headphones, sit in your favourite chair or go for a long walk, and enjoy.

MAKE A VISION BOARD

A travel vision board is simply a collection of words, photos, and wanderlust-filled stickers that represent your aspirations and goals. Creating a vision board for travel is also a lot of fun! It requires you dream of places to see and things to do, which requires creativity and is fun!



1. Choose your medium. Are you going to go old school and use a poster board? Or will you choose the digital version? For example, Pinterest, Tumblr, Instagram, Canva.
2. Choose at least one element from each of the activities you have completed.
3. Add photos to your vision board. You can also add quotes and messages to inspire you.
4. Put your travel vision board someplace you see it often!

MIX IT UP



You are going to create a signature drink for one of the World Centres

Think about what you have learnt about the World Centres by completing the activities in this pack. Think about colours, flavours and textures (e.g. bubbly, sharp, sweet). Think about how you will decorate a cup to drink it from.

Experiment with different flavours by mixing small amounts of different ingredients until you find the perfect combination. Remember the ingredient ratio, so your full-sized drink tastes just as great.

Take a photo of you enjoying the drink and create an advert to explain how it reflects the World Centre.

Now you've worked through this activity pack we hope you have a better idea of the international opportunities available to you at WAGGGS' World Centres and how to prepare for a travel adventure. You can find out about all the latest events, volunteer opportunities, and book a stay at a World Centre on the WAGGGS website. Don't forget you can also check your Member Organisation's website for more international travel opportunities to the World Centres.

The final section of your travel crest is still blank, let's change that by filling in this last piece. Think about what you've learned from this activity pack and use that to help you decide on achievements you think an international travel experience would bring you. Imagine your dream trip to a World Centre and what you would achieve on this trip. Write or draw these future achievements in the last section on your crest.

You can share your completed crest with the World Centres by posting on social media using #myworldcentreadventure.



Values and Ideas

independence

confidence



flexibility

Resiliency Skills

Support Network



problem solving



try something new
challenge



Leadership

Future Achievements





World Association of Girl Guides and Girl Scouts
May 2020