

# **Explorer Scout Challenges proposed by K2 ESU**

## **Values & Relationships Zone**

Complete five activities in total, taken from at least two areas. Examples are provided below but other similar activities can also be undertaken.

### **Area 1: Beliefs & Attitudes**

- a. Take an active part in a project examining either your own or another faith
- b. Plan and carry out an act of worship for your Unit
- c. Debate a current issue with your Unit

### **Area 2 - The life of the Unit**

- a. Help with the planning and delivery of part of the Unit programme
- b. Demonstrate that you can be trusted by taking on a special responsibility on behalf of the Unit. This might involve the management of money, or the Unit's reputation
- c. Attend a meeting of the Unit Forum

### **Area 3 - Taking the Lead**

- a. Understand the importance of working in a team
- b. Develop personal skills such as presenting skills, listening skills etc
- c. Take a leadership role during a task or project
- d. Show how what has been learned in Scouting can be transferred to the outside world

## **Community Zone**

Complete both Areas

### **Area 1: Interacting with your local community**

Find out about and have some involvement with an aspect of the local community, for example invite local politicians along for a debate, challenge your council over an aspect of their service, or work with a local group to improve an aspect of the local community

### **Area 2: Community service**

Take an active part in community service for a period of not less than 8 hours

## **Fitness Zone**

Complete both Areas

### **Area 1: Physical activity**

Take part in not less than 6 hours of a sport or physical recreation as part of the Unit programme

### **Area 2: Healthy lifestyle**

Find out about two different aspects of living a healthy lifestyle, such as importance of a healthy diet, and the effects of smoking and drinking

## **Skills Zone**

Complete activities from four of these six areas:

- Area 1 - Performing
- Area 2 - Crafts
- Area 3 - Public Relations
- Area 4 - Problem solving
- Area 5 - Construction
- Area 6 - Cooking

## **Global Zone**

Investigate TWO international issues such as

1. Trade
2. Health
3. Water & sanitation
4. Environment
5. Conflict
6. Refugees
7. Peace
8. Tourism
9. Homelessness
10. Poverty
11. Animal welfare
12. Conservation

Make contact with Scouts or others from a country outside the UK

## **Outdoor & Adventure Zone**

Complete both Areas

### **Area 1: Outdoor skills**

- a. Camp for at least 20 nights
- b. Take part in at least 5 of the following:
  - i) Sleep in a bivouac
  - ii) Light a fire using just natural materials and cook at least 2 meals on it
  - iii) Take part in an expedition where you carry all your own kit
  - iv) Build a large scale pioneering project such as a bridge
  - v) Take part in a wide game
  - vi) Take part in a campfire
  - vii) Provide service to a campsite
  - viii) Demonstrate safe use of saw and axe
  - ix) Demonstrate safe use of at least 3 types of cooker and one type of lamp
  - x) Show understanding of importance of hygiene on camp

### **Area 2: Adventurous activities**

- a. Take part in 4 adventurous activities
- b. Explain the safety aspects of the activities and understand how you could get involved further