



VOYAGER

Class Requirements Workbook

Pathfinder:

Teacher:

FRIEND

COMPANION

EXPLORER

RANGER

VOYAGER

GUIDE

South Pacific Division Discipleship Youth Ministries



Voyager Class Requirements Workbook Upgrade 2021

Class Requirements based on the Standard Curriculum (also known as the Card System)

PRODUCED BY:

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R E Possingham
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R W Taylor
L R Thrift
A Turner
D L Weslake
E C White

Seventh-day
Adventist Church™

South Pacific



Voyager Requirements

GENERAL

1. Be 14 years of age and/or in Year 9 or its equivalent.
2. Through memorisation and discussion, explain the meaning of the Adventist Youth Pledge.
3. Be an active member of Pathfinders.
4. Have a current Teen Book Club Certificate.

SPIRITUAL DISCOVERY

1. Study the personal work of the Holy Spirit as it relates to mankind, and discuss His involvement in spiritual growth.
2. By study and group discussion, increase your knowledge of the last-day events that lead up to the Second Advent.
3. Through study and discussion of Bible evidence, discover the true meaning of Sabbath-keeping.
4. Have a current Memory Gem certificate.

COMMUNITY OUTREACH

1. As a group or individually, invite a friend to at least one of your church or Conference/Mission Teen/Youth Fellowship activities.
2. As a group or individually, help organise and participate in a project of service to others.
3. Discuss how a Christian Adventist youth relates to people in everyday situations, contacts and associations.

CHURCH LIFE

1. Discuss and prepare a flowchart on local church organisation, and list the departmental functions.
2. Participate in local church programs on two occasions each, in two departments of the church.
3. With your group, make plans for social activity at least once a quarter.

HISTORICAL PERSPECTIVE

Trace the development of the role of Ellen White in the Seventh-day Adventist Church in the areas of:

- a. The organisation of the church.
- b. The worldwide expansion of the church.
- c. Major beliefs of the church.

OR View ONE of the following episodes from the "Keepers of the Flame" video series and complete the Voyager worksheet based on the video you view

- Episode 6 "A Lesser Light"
- Episode 7 "A Healing Ministry"
- Episode 8 "Ellen the Woman"



PERSONAL GROWTH

In group discussion and by personal enquiry, examine your attitudes toward two of the following topics:

- a. Self-concept.
- b. Human relationships—parents, family, and others.
- c. Earning and spending money.
- d. Peer pressure.



HEALTH AND FITNESS

1. Complete one of the following activities:
 - a. From magazines and other material, make up a project booklet on the reasons why you have chosen not to smoke or drink intoxicating beverages.
 - b. Construct a visual aid to demonstrate the dangers of alcohol and tobacco.

Write out and sign a personal pledge commitment to refrain from the use of tobacco and alcoholic beverages.

2. Organise a health party. Include health principles, talks, displays, etc.



OUTDOOR LIVING

1. With a party of no less than four, including an experienced adult counsellor, hike 25 kilometres in a rural wilderness area, including one night in the open or in tents. The expedition planning should be a joint effort of the party and all food needed should be carried. From notes taken, participate in a group discussion led by your counsellor, on the terrain, flora and fauna, as observed on the hike.
2. Complete one recreational or nature honour not previously earned.
3. Pass a test in Voyager First Aid.

ADVANCED

It is recommended that those who wish to do advanced work in the Voyager Class, they do the following requirements which will fulfil half the requirements for the A.Y. Silver Award Plan. If they do the Advanced requirements for the Guide Class, this will entitle the teen to the A.Y. Silver Award medal.

- a. *Physical Fitness (complete two of the groups)*
- b. *Skills (complete one)*
- c. *Expedition*
- d. *Service Project*

OR *Complete two sections of the Duke of Edinburgh Bronze Award.*



REQUIREMENT 1

BE 14 YEARS OF AGE AND/OR IN YEAR 9 OR ITS EQUIVALENT.

Date: _____ Supervisor's Signature: _____



REQUIREMENT 3

BE AN ACTIVE MEMBER OF PATHFINDERS.

Date: _____ Supervisor's Signature: _____



REQUIREMENT 4

HAVE A CURRENT TEEN BOOK CLUB CERTIFICATE.

Date: _____ Supervisor's Signature: _____



REQUIREMENT 2

THROUGH MEMORISATION AND DISCUSSION, EXPLAIN THE MEANING OF THE ADVENTIST YOUTH PLEDGE.

Adventist Pledge

_____ the Lord Jesus, I promise to take an _____ in the work of the Adventist _____ Society, doing what I can to _____ and to _____ the work of the _____ in all the world.

MEANING OF THE ADVENTIST PLEDGE:

_____ the Lord Jesus,

I promise to take an _____ in the work of the Adventist _____ Society,

doing what I can to _____

and to _____ the work of the _____ in all the world.

Date: _____ Supervisor's Signature: _____





REQUIREMENT 1

STUDY THE PERSONAL WORK OF THE HOLY SPIRIT AS IT RELATES TO MANKIND, AND DISCUSS HIS INVOLVEMENT IN SPIRITUAL GROWTH.

1. Using the scripture passages from John, make an outline on the Holy Spirit's particular work as Christ's Ambassador to the earth (John 14:26; 15:26; 16:7-15).

Use the outline below as a guide to studying these passages.

The Holy Spirit

Titles: 1

2

3

4

Sent By:

In the Name of:

Special Duties: 1

2

3

4

5

6

- | Father | Son | Holy Spirit |
|--------|-----|-------------|
| | | |

- [illegible]

Date: _____ Supervisor's Signature: _____





REQUIREMENT 2

BY STUDY AND GROUP DISCUSSION, INCREASE YOUR KNOWLEDGE OF THE LAST-DAY EVENTS THAT LEAD UP TO THE SECOND ADVENT.

Objective: Make a newspaper, bulletin, or a report by interviewing the pastor on the Last-Day Events, you need to answer the following questions in the paper: (use this sheet as your plan and also include Bible verses).

Who's coming back and why?

Signs of the Advent:

Preparing for the Advent:

Date: _____

Supervisor's Signature: _____



REQUIREMENT 3

THROUGH STUDY AND DISCUSSION OF BIBLE EVIDENCE, DISCOVER THE TRUE MEANING OF SABBATH-KEEPING.

Discuss the following questions:

1. Why do we keep the seventh day as the Sabbath?

2. Why do we keep it in the way we do?

3. What are the special blessings we can expect to receive from keeping holy the Sabbath?

4. What sort of activities should we allow ourselves to engage in on the Sabbath?

5. How can we be more creative in our approach to Sabbath keeping?

Date: _____

Supervisor's Signature: _____



THE SABBATH	BIBLE REFERENCE	MEANING OR PURPOSE
In Eden	Genesis 2:2,3	
Before Sinai	Exodus 16:4 Exodus 16:26-28	
At Mount Sinai	Exodus 31:13 Deuteronomy 7:8,9 Exodus 31:17	
As Isaiah saw it	Isaiah 58:13	
As Ezekiel saw it	Ezekiel 20:12 Ezekiel 20:20	
As Jesus understood it	Mark 2:27 Luke 4:16-19 Luke 23:50-56 Luke 24:1-8	
As the disciples kept it	Luke 23:56	
As the Apostles and early Christians kept it	Acts 13:44	
In eternity	Isaiah 66:22,23	



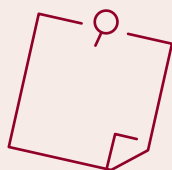
REQUIREMENT 4

HAVE A CURRENT MEMORY GEM CERTIFICATE.

I passed my memory gem test on: _____

Supervisor's Signature: _____





**AS A GROUP OR INDIVIDUALLY, INVITE A FRIEND TO
AT LEAST ONE OF YOUR CHURCH OR CONFERENCE/
MISSION TEEN/YOUTH FELLOWSHIP ACTIVITIES.**

Record details below:

Name: _____

Event: _____

Date: _____

Comments: _____

Date: _____

Supervisor's Signature: _____





REQUIREMENT 2

AS A GROUP OR INDIVIDUALLY, HELP ORGANISE AND PARTICIPATE IN A PROJECT OF SERVICE TO OTHERS.

(Include additional pages to this workbook, may include photos etc.)

Project: _____

[illegible]

Date: _____

Supervisor's Signature: _____





REQUIREMENT 3

DISCUSS HOW A CHRISTIAN ADVENTIST YOUTH RELATES TO PEOPLE IN EVERYDAY SITUATIONS, CONTACTS AND ASSOCIATIONS.

1. Some of the people I contact on a daily basis: _____

2. Discuss the difference between yourself and non-Adventist friends and contacts:

3. Do you think these differences make it impossible to establish a friendship?

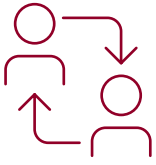
4. A friendship can also be formed by being aware of the other person, e.g. saying "hello", helping wherever possible, courtesy and good manners, etc.

5. Discuss the power of influence:

a. How you are able to influence others.

b. How others influence you.

Date: _____ Supervisor's Signature: _____



REQUIREMENT 1

DISCUSS AND PREPARE A FLOWCHART ON LOCAL CHURCH ORGANISATION, AND LIST THE DEPARTMENTAL FUNCTIONS.

Church Organisational Structure

NAME/S	FUNCTION IN THE CHURCH

Date: _____ Supervisor's Signature: _____





REQUIREMENT 2

PARTICIPATE IN LOCAL CHURCH PROGRAMS ON TWO OCCASIONS EACH, IN TWO DEPARTMENTS OF THE CHURCH.

Church Program 1:

Date: _____

Report: _____

Church Program 2:

Date: _____

Report: _____

Date: _____

Supervisor's Signature: _____



REQUIREMENT 3

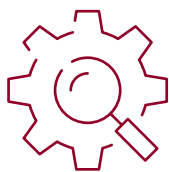
WITH YOUR GROUP, MAKE PLANS FOR SOCIAL ACTIVITY AT LEAST ONCE A QUARTER.

(Include additional pages to this workbook, may include photos etc.)

Date: _____

Supervisor's Signature: _____





REQUIREMENT 1

TRACE THE DEVELOPMENT OF THE ROLE OF ELLEN WHITE IN THE SEVENTH-DAY ADVENTIST CHURCH IN THE AREAS OF:

A. THE ORGANISATION OF THE CHURCH

B. THE WORLDWIDE EXPANSION OF THE CHURCH

C. MAJOR BELIEFS OF THE CHURCH

1. What influence did Ellen White have on:

a. Sabbath conference formation of doctrine	b. Publishing	c. Health reform
d. Education	e. Foreign missions	f. Australia
g. Love of the Bible	h. World-wide expansion of the church	i. Major beliefs of the church

Date: _____ Supervisor's Signature: _____

REQUIREMENT 1

OR VIEW ONE OF THE FOLLOWING EPISODES FROM THE “KEEPERS OF THE FLAME” VIDEO SERIES AND COMPLETE THE VOYAGER WORKSHEET BASED ON THE VIDEO YOU VIEW.



View: [Episode 6 “A Lesser Light”](#) Keepers of the Flame (Hope Channel)



View: [Episode 7 “A Healing Ministry”](#) Keepers of the Flame (Hope Channel)



View: [Episode 8 “Ellen the Woman”](#) Keepers of the Flame (Hope Channel)

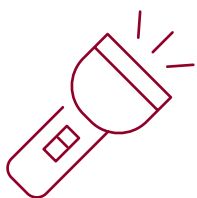


Date: _____

Supervisor’s Signature: _____



Activity Sheet



ELLEN: A LESSER LIGHT

QUESTIONS:

As you watch the video, "Ellen: A Lesser Light", list the four illustrations given of the work of Mrs White.

1. _____
2. _____
3. _____
4. _____

How does a prophet receive their messages.

What do you think of the visions of Mrs White?



Activity Sheet



ELLEN: THE WOMAN

QUIZ: Answer these questions about Mrs White.

1. What flower did Ellen White especially like? _____
2. What food could Ellen White not eat? _____
3. What activity did Ellen White enjoy doing around the home? _____
4. What did Ellen White struggle with after the Lord gave her the Health Message vision?

5. Did Ellen White have a weight problem? _____
6. What was Ellen White's advice when given a great deal of fish whilst she was in Cooranbong?

7. What activity did Ellen White enjoy attending? _____
8. What was the hardest thing Ellen White ever had to do during her life? _____

9. How many children did Ellen White have? _____
Can you name them? _____

10. What were the saddest moments of Ellen White's life? _____

11. What did Ellen White enjoy doing with other mothers with children? _____





12. Did Ellen White ever have some disasters with her sewing? _____

13. What did Ellen White scheme up to get her husband well? _____

14. In this video, we explore behind the scenes to discover what Mrs White was like in her own home. List the different homes where Mrs White lived. List the different homes she lived in and give their locations:

a. _____

b. _____

c. _____

d. _____



REQUIREMENT 1

**IN GROUP DISCUSSION AND BY PERSONAL ENQUIRY,
EXAMINE YOUR ATTITUDES TOWARD TWO OF THE
FOLLOWING TOPICS:**

- A. SELF-CONCEPT**
- B. HUMAN RELATIONSHIPS-PARENTS, FAMILY AND OTHERS**
- C. EARNING AND SPENDING MONEY**
- D. PEER PRESSURE**

Discussion Summary:

Date: _____

Supervisor's Signature: _____





REQUIREMENT 1

A. SELF-CONCEPT

Do you like yourself?

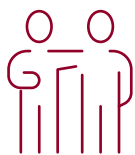
Most people could make the following statements about yourself from time to time. Indicate with a tick below how often each statement would hold true.

Do I like myself	Always	Usually	Occasion-ally	Rarely	Never
I enjoy shopping for new clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My weight is just about where I want it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel well-dressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like looking at myself in a full-length mirror	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel important	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I were a member of the opposite sex, I would find me attractive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am optimistic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am in a good mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can hold my own in conversations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like going to parties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can laugh at my own mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other people value my opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do I like myself	Always	Usually	Occasion- ally	Rarely	Never
I am energetic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't bear grudges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It takes a lot to get me down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I blame myself for things that go wrong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other people like me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't let people push me around	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other people need me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've accomplished a good deal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People usually admire me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like meeting and talking to new people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can take care of myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm a kind person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like the place where I live in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My life is full	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I was ever in trouble, my friends would rally around to help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like to confide in people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Date: _____ Supervisor's Signature: _____





REQUIREMENT 1

B. HUMAN RELATIONSHIPS - PARENT-TEEN RELATIONSHIPS

What do you think?

Statement	Agree	Disagree
An argument is a destructive force in the home between parents and teens.	<input type="checkbox"/>	<input type="checkbox"/>
Quarrelling is wrong for a Christian family even though insights are gained thereby.	<input type="checkbox"/>	<input type="checkbox"/>
The wisest course to take when an argument seems to be developing is to remain silent or leave the room.	<input type="checkbox"/>	<input type="checkbox"/>
An adolescent should always obey a parent without questioning what he/she says or his/her authority.	<input type="checkbox"/>	<input type="checkbox"/>
Parents should have a voice in who their son or daughter dates.	<input type="checkbox"/>	<input type="checkbox"/>
Teenagers will take responsibility when they are ready to do so.	<input type="checkbox"/>	<input type="checkbox"/>
Most of the problems between parents and teenagers occur because the parents fail to listen to or understand the teenager.	<input type="checkbox"/>	<input type="checkbox"/>
A good method of disciplining with teenagers is focusing upon what they did wrong so they will not do that same thing again.	<input type="checkbox"/>	<input type="checkbox"/>
It is a sign of spiritual and emotional immaturity for a Christian to be angry with another person.	<input type="checkbox"/>	<input type="checkbox"/>

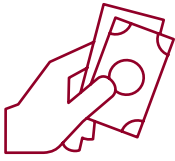
Statement	Agree	Disagree
A teenager should be given a choice when it comes to participating in family devotions or worship. He/she can choose whether he/she wants to or not.	<input type="checkbox"/>	<input type="checkbox"/>
Nagging another person is sometimes necessary in order to get him/her to respond.	<input type="checkbox"/>	<input type="checkbox"/>
It is all right to modify the truth to avoid unpleasantness in the home.	<input type="checkbox"/>	<input type="checkbox"/>
Parents make lots of mistakes. Therefore, teenagers should be careful to obey them only when they are right.	<input type="checkbox"/>	<input type="checkbox"/>
Since parents brought their teenagers into the world, they owe it to them to give them clothes, food, a place to live, and plenty of attention.	<input type="checkbox"/>	<input type="checkbox"/>
If a teenager obeys and respects his parents, he/she will always cooperate and be understanding.	<input type="checkbox"/>	<input type="checkbox"/>

REFERENCES:

- **Anger:** Proverbs 15:1,18; 16:32; 19:11; 20:2; 22:24,25; 29:11,22; Mark 3:5, Ephesians 4:26,31, Colossians 3:8,21.
- **Parent-Teen Relationships:** Ephesians 6:1-3, Colossians 3:21.
- **Too Much Talk:** Proverbs 10:19; 11:12,13; 13:3; 17:27,28; 18:2; 20:19.
- **Nagging:** Proverbs 17:19; 21:9.
- **Calm, Soft Answers:** Proverbs 15:1,4; 16:1; 25:15.
- **Insults:** Proverbs 12:16; 19:11.
- **Speaking the Truth:** Proverbs 12:17,22; 16:13; 19:5; 26:18,19,22; 28:23; Proverbs 29:5, Ephesians 4:15,25, Colossians 3:9.

Date: _____ Supervisor's Signature: _____





REQUIREMENT 1

C. EARNING AND SPENDING MONEY.

Discuss feelings about money, its meaning and value of the follow questions:

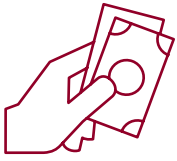
- | | | |
|--|---|---|
| 1. What do you like to do best with money? | 9. Is there something you would be better off giving up? | a wife have to spend as she pleases? |
| 2. What would you do if you had all the money you wanted? | 10. Who gave you whatever economic advantages you enjoy? Have you ever thanked them? Repaid them? | 15. What is "living by faith" in relation to material possessions? |
| 3. How much money would you need to have enough? | 11. How closely is money tied to your self-esteem? | 16. How are financial prosperity and God's blessings related? |
| 4. Should you live on less than you do? | 12. If someone asked where you bought your jacket and you had gotten it at a second-hand store, what would you reply? | 17. If you tithe, are you free to spend the rest of your money as you choose? |
| 5. Where would you begin if you were to change to a simpler lifestyle? | 13. What will happen when women get paid the same as men? | 18. What does Christian faith have to say about the distribution of wealth? |
| 6. What would life be like if you gave away all your money? | 14. How much money should | 19. Where do you most enjoy giving money away? |
| 7. What would your town be like if everybody had enough and nobody had too much? | | 20. What does your money mean to you? |
| 8. What would you be most | | |

Discussion Summary:

Date: _____ Supervisor's Signature: _____



PERSONAL GROWTH



REQUIREMENT 1

D. PEER PRESSURE

What is group peer pressure?

Numbering from 1-10 ('1' being the highest), rank how you feel group peer pressure affects the following:

Since group peer pressure is so strong, it is continually telling us:

	What we think of ourselves		How to mix with others outside your group of friends
	What language we use		What to wear
	To choose between what is right and wrong		What is 'in' or 'trending'
	Who are you respectful of eg. parents, teachers		What others think of me
	Whether studies are important		Who we are influenced by on social media platforms



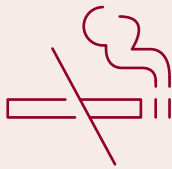
“Will You Remember Or Care” Test

In 10 years time, will I still be able to remember or care about:

	Yes	No
The names of those in my class?	<input type="checkbox"/>	<input type="checkbox"/>
The girl who was best dressed?	<input type="checkbox"/>	<input type="checkbox"/>
The guy who mocked God and made me afraid to stand up for Christ?	<input type="checkbox"/>	<input type="checkbox"/>
The top athlete in my school?	<input type="checkbox"/>	<input type="checkbox"/>
The guy with the hottest car?	<input type="checkbox"/>	<input type="checkbox"/>
The names of five people in a group who wouldn't accept me into their circle.	<input type="checkbox"/>	<input type="checkbox"/>
The score of the fifth game in the basketball season?	<input type="checkbox"/>	<input type="checkbox"/>

Date: _____ Supervisor’s Signature: _____





REQUIREMENT 1

COMPLETE ONE OF THE FOLLOWING ACTIVITIES:

A. FROM MAGAZINES AND OTHER MATERIAL, MAKE UP A PROJECT BOOKLET ON THE REASONS WHY YOU HAVE CHOSEN NOT TO SMOKE OR DRINK INTOXICATING BEVERAGES.

(Include additional pages to this workbook, may include photos etc.)

Date: _____

Supervisor's Signature: _____





REQUIREMENT 1

COMPLETE ONE OF THE FOLLOWING ACTIVITIES:

B. CONSTRUCT A VISUAL AID TO DEMONSTRATE THE DANGERS OF ALCOHOL AND TOBACCO.

(Include additional pages to this workbook, may include photos etc.)

Write out a pledge, committing yourself to a lifestyle free from the use of tobacco and alcoholic beverages.

Date: _____

Supervisor's Signature: _____



REQUIREMENT 1

WRITE OUT A PLEDGE, COMMITTING TO A LIFESTYLE FREE FROM THE USE OF TOBACCO AND ALCOHOLIC BEVERAGES.

Date: _____ Supervisor's Signature: _____





REQUIREMENT 2

ORGANISE A HEALTH PARTY. INCLUDE HEALTH PRINCIPLES, TALKS, DISPLAYS, ETC.

(Include additional pages to this workbook, may include photos etc.)

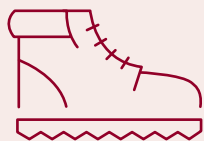
Date: _____ Supervisor's Signature: _____





Planning a Health Party

1. Determine how many people you want to cater for.
2. What will the age group be? You may like to organise a party for a group
 - a. Local children who are underprivileged
 - b. Your school friends
 - c. Younger brother or sister's birthday
 - d. Senior citizens
 - e. Father's Day – student's fathers
 - f. Mother's Day – student's mothers
3. Will the party be a formal meal or a buffet meal?
4. Choose your colour scheme.
5. Choose the menu.
6. Plenty of time for the planning and preparation of the party.



REQUIREMENT 1

WITH A PARTY OF NO LESS THAN FOUR, INCLUDING AN EXPERIENCED ADULT COUNSELLOR, HIKE 25 KILOMETRES IN A RURAL WILDERNESS AREA, INCLUDING ONE NIGHT IN THE OPEN OR IN TENTS. THE EXPEDITION PLANNING SHOULD BE A JOINT EFFORT OF THE PARTY AND ALL FOOD NEEDED SHOULD BE CARRIED. FROM NOTES TAKEN, PARTICIPATE IN A GROUP DISCUSSION LED BY YOUR COUNSELLOR, ON THE TERRAIN, FLORA AND FAUNA, AS OBSERVED ON THE HIKE.

(Include additional pages to this workbook, may include photos etc.)

Terrain

Flora

Fauna

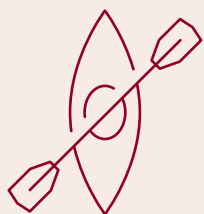
Date: _____ Supervisor's Signature: _____



Hike Log Book

[illegible]

Date: _____ Supervisor's Signature: _____



REQUIREMENT 2

**COMPLETE ONE RECREATIONAL OR NATURE HONOUR
NOT PREVIOUSLY EARNED.**



Link: [Pathfinder Honours List](#)



I have completed the
following Honour:

Date: _____

Supervisor's Signature: _____



REQUIREMENT 3

PASS A FIRST AID COURSE FOR TEENS



Highly recommend: [First Aid Honour 1, 2 or 3](#)



Important Information

Throughout the SPD we have a wide diversity of countries and local legal requirements. Local requirements are changing regularly.

There is a world-wide trend for only accredited organisations or persons to train people in First Aid using government-approved courses. Often there are serious legal consequences if these requirements are not met.

Everyone must check and comply with the legal requirements of their area / country.

Date: _____

Supervisor's Signature: _____





REQUIREMENT 3

PASS A TEST IN VOYAGER FIRST AID

Voyager First Aid Test

THEORY:

1. What is the difference between heat exhaustion and heat stroke and what is the treatment for each?

Heat exhaustion: _____

Treatment: _____

Heat stroke: _____

Treatment: _____

2. What situations are likely to cause carbon monoxide poisoning and the rescue and treatment techniques for such poisoning?

PRACTICAL:☐ **Know how to apply the following splints:**

- ☐ Upper arm splint
- ☐ Forearm splint
- ☐ Ankle splint
- ☐ Kneecap splint

☐ **Know the proper treatment for the following:**

- ☐ Head injuries
- ☐ Internal injuries
- ☐ Injuries to the eye
- ☐ Animal and insect bites
- ☐ Fainting and epilepsy
- ☐ Effects of heat and cold

☐ **Know the basic principles of CPR (cardiopulmonary resuscitation) and the treatment for an obstructed airway.**☐ **Know the difference in procedures for the following persons?**

- ☐ A three-month-old baby
- ☐ A 40-year-old adult





IT IS RECOMMENDED THAT THOSE WHO WISH TO DO ADVANCED WORK IN THE VOYAGER CLASS, THEY DO THE FOLLOWING REQUIREMENTS WHICH WILL FULFIL HALF THE REQUIREMENTS FOR THE AY SILVER AWARD PLAN. IF THEY DO THE ADVANCED REQUIREMENTS FOR THE GUIDE CLASS, THIS WILL ENTITLE THE TEEN TO THE A.Y. SILVER AWARD MEDAL.

A. PHYSICAL FITNESS (COMPLETE TWO OF THE GROUPS)

B. SKILLS (COMPLETE ONE)

C. EXPEDITION

D. SERVICE PROJECT

OR COMPLETE TWO SECTIONS OF THE DUKE OF EDINBURGH BRONZE AWARD.



Link: [Master Guide](#)



Date: _____

Supervisor's Signature: _____

ADDITIONAL WORK

CATEGORY:

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> General | <input type="checkbox"/> Spiritual Discovery | <input type="checkbox"/> Community Outreach | <input type="checkbox"/> Church Life |
| <input type="checkbox"/> Historical Perspective | <input type="checkbox"/> Personal Growth | <input type="checkbox"/> Health & Fitness | <input type="checkbox"/> Outdoor Living |

Requirement: _____



ADDITIONAL WORK

CATEGORY:

- ☐ General
- ☐ Spiritual Discovery
- ☐ Community Outreach
- ☐ Church Life
- ☐ Historical Perspective
- ☐ Personal Growth
- ☐ Health & Fitness
- ☐ Outdoor Living

Requirement: _____



ADDITIONAL WORK**CATEGORY:**

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> General | <input type="checkbox"/> Spiritual Discovery | <input type="checkbox"/> Community Outreach | <input type="checkbox"/> Church Life |
| <input type="checkbox"/> Historical Perspective | <input type="checkbox"/> Personal Growth | <input type="checkbox"/> Health & Fitness | <input type="checkbox"/> Outdoor Living |

Requirement: _____





South Pacific