



EXPLORER WORKBOOK

Specialty Curriculum

Pathfinder:

Teacher:

FRIEND

COMPANION

EXPLORER

RANGER

VOYAGER

GUIDE

South Pacific Division Discipleship Youth Ministries



Specialty Curriculum —Explorer Workbook

Class requirements based on the Specialty Curriculum (Updated 2023)

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Seventh-day
Adventist Church™

South Pacific



Explorer Requirements



HALL ACTIVITIES

1. Be able to identify Achernar, the Southern Cross, the Pointers, and Orion. Know the significance of Orion as told in *'Early Writings'*.
2. View an audio/visual presentation or participate in a discussion on the physical effects of the drug alcohol on the body. Write and sign a pledge card choosing a lifestyle free from alcohol.
3. Identify three planets, five stars, and five constellations.
4. Complete one of the following honours; Amphibians, Birds, Flowers, Stars, or Weather.
5. Review the points of a good camp site.
6. Pass a test in Explorer First Aid.
7. Complete one recreational honour not previously earned, or one nature honour in addition to Requirement 4.
8. Review the Friend and Companion Knots, and learn the Tape Knot.
9. Plan a menu for a three-day camping trip for four people.
10. Have a basic knowledge of the use of a two-way radio.
11. Complete Section 2—The Compass, of the Map and Compass honour.



CAMP OUT ACTIVITIES

1. Complete Section 4—Practical, of the Map and Compass honour, and keep a log.
2. Identify six tracks of animals or birds. Make a plaster cast of two tracks.
3. Plan and cook two camp meals.
4. Review the four basic lashings and build one article of camp furniture.
5. Read the gospel of John in any translation, and discuss in your group any one of the following:
 - Humility—John 13:12-17
 - Lord's Promise—John 14:1-3
 - Vine and Branches—John 15:5-8
6. Understand and be able to explain the meaning of Proverbs 20:1 and Proverbs 23:29-32.
7. Become familiar with the use of a Concordance.
8. Participate in at least four club camp outs.



ADVANCED EXPLORER ACTIVITIES

1. Be invested for Explorer.
2. Participate in all club required Community service projects for one year.
3. Commit to memory any of the following:
 - Humility—John 13:12-17
 - Lord's Promise—John 14:1-3
 - Vine and Branches—John 15:5-8
4. Make two additional plaster casts of bird or animal tracks.
5. Complete one additional honour not previously earned.
6. Attend at least two Conference events.
7. Obtain two Memory Gem Certificates

Club Activities



I participated in the following Community Projects:

ADRA Appeal

Date: _____ Initials: _____

Community Service Project

Date: _____ Initials: _____

Community Outreach Project

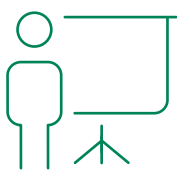
Date: _____ Initials: _____

I invited a visitor to Pathfinders on: _____

Date: _____ Initials: _____

Conference-organised activities I participated in were:

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



This year I participated in a club presentation on the following topics:

CHURCH HERITAGE

☐ The Apostasy

☐ The Great Expectation

☐ After the Disappointment

☐ The Reformers

☐ The Lesser Light

☐ Local Church History

CAMPING

- | | | |
|---|--|--|
| <input type="checkbox"/> Sleeping Equipment | <input type="checkbox"/> Cooking Equipment | <input type="checkbox"/> Search and Rescue Operation |
| <input type="checkbox"/> Camp Clothing | <input type="checkbox"/> Backpacks | <input type="checkbox"/> Bushfire Emergency |

CEREMONIES

- | | | |
|--|--|---|
| <input type="checkbox"/> National Flag | <input type="checkbox"/> National Anthem | <input type="checkbox"/> Pathfinder Flag |
| <input type="checkbox"/> Pathfinder Song | <input type="checkbox"/> Pathfinder Guidon | <input type="checkbox"/> Flags on the March |

HEALTH

- | | | |
|---|--|--|
| <input type="checkbox"/> Smoking | <input type="checkbox"/> Alcohol | <input type="checkbox"/> Drugs |
| <input type="checkbox"/> Diet / Nutrition | <input type="checkbox"/> Exercise / Physical Fitness | <input type="checkbox"/> Adventist Lifestyle |

**Investiture:**

I was invested at _____

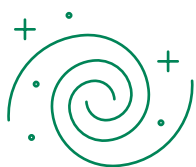
on the _____

I was invested by _____

Counsellor

District Director





REQUIREMENT 1

BE ABLE TO IDENTIFY ACHERNAR, THE SOUTHERN CROSS, THE POINTERS, AND ORION. KNOW THE SIGNIFICANCE OF ORION AS TOLD IN 'EARLY WRITINGS'.



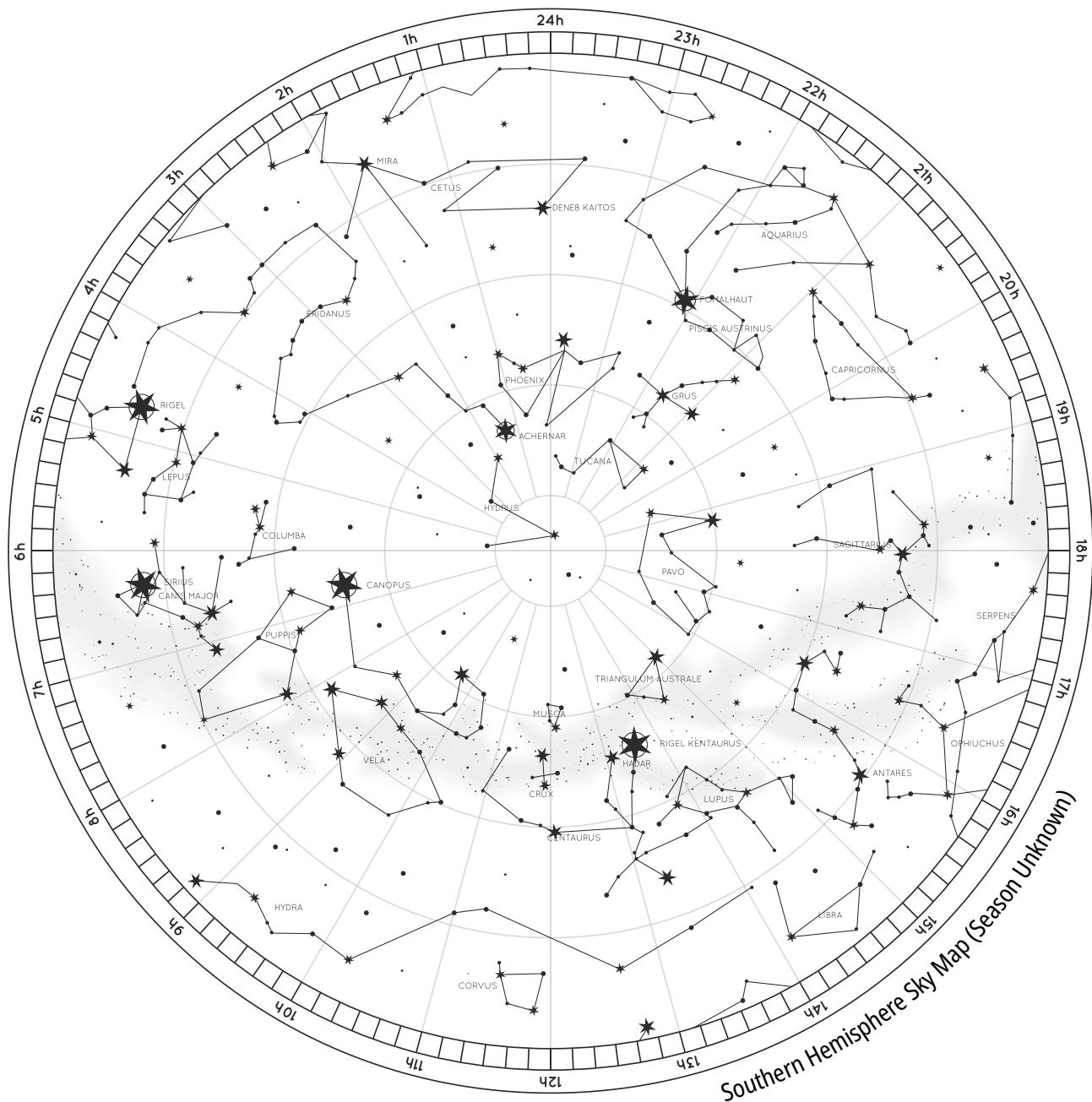
Early Writings of Ellen G White Shaking the Powers of Heaven (Page 41)

December 16th 1848, the Lord gave me a view of the shaking of the powers of the heavens. I saw that when the Lord said **"heaven"**, and giving the signs recorded by Matthew, Mark and Luke, **He meant heaven**, and when he said **"earth"** **He meant Earth**.

The powers of heaven are the sun, moon and stars. They rule in the heavens. The powers of the earth are those that rule on the earth. The powers of heaven will be shaken at the voice of God. Then the sun, moon and stars will be moved out of their places. They will not pass away but be shaken by the voice of God. Dark heavy clouds came up and clashed against each other.

The atmosphere parted and rolled back: **then we could look up through the open space in Orion, whence came the voice of God. The Holy City will come down through that open space.** I saw that the powers of earth are now being shaken and that events come in order. War and rumours of war, sword, famine and pestilence are the first to shake the powers of the earth. Then the voice of God will shake the sun, moon and stars and this earth also. I saw that the shaking of the powers of Europe is not, as some teach, the shaking of the powers of heaven, but it is the shaking of the angry nations.

IDENTIFY ACHERNAR, THE SOUTHERN CROSS, THE POINTERS AND ORION.



STAR GROUPS FOR APRIL AND MAY

Early April 9 pm

Early May 7 pm

Late April 8 pm

Late May 6 pm

Highlight the following stars or star groups (constellations) on the above star chart. **Achernar**, **The Pointers**, the **Southern Cross** and **Orion**.

Date: _____ Supervisor's Signature: _____



REQUIREMENT 2

VIEW AN AUDIO/VISUAL PRESENTATION OR PARTICIPATE IN A DISCUSSION ON THE PHYSICAL EFFECTS OF THE DRUG ALCOHOL ON THE BODY. WRITE AND SIGN A PLEDGE CARD CHOOSING A LIFESTYLE FREE FROM ALCOHOL.

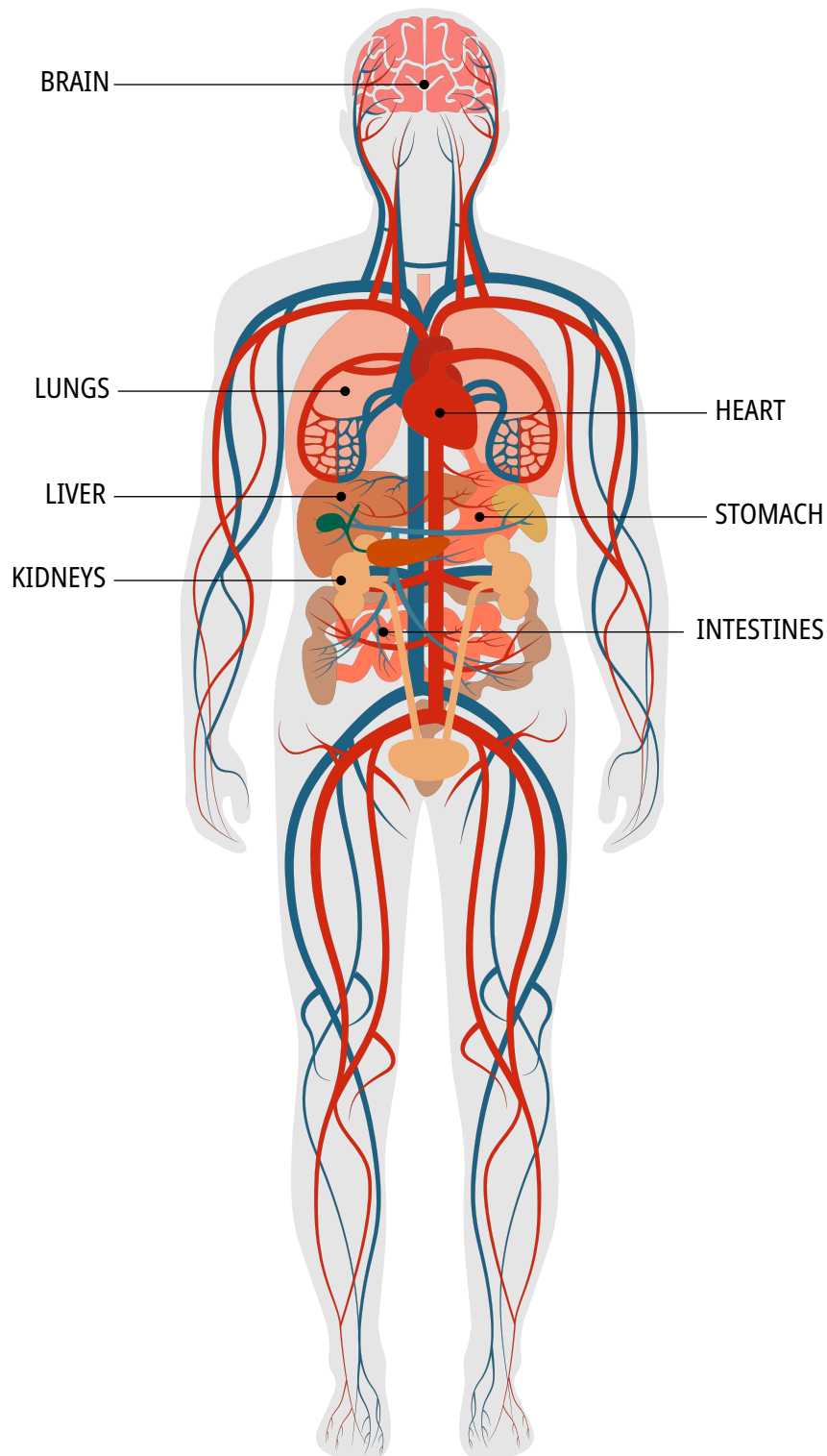
True/False Quiz

1.	Alcohol is a stimulant.	<input type="checkbox"/> True	<input type="checkbox"/> False
2.	Alcohol increases confidence but decreases judgement.	<input type="checkbox"/> True	<input type="checkbox"/> False
3.	Alcohol warms the body.	<input type="checkbox"/> True	<input type="checkbox"/> False
4.	Alcoholics drink every day.	<input type="checkbox"/> True	<input type="checkbox"/> False
5.	Drinking coffee, having a cold shower, fresh air, etc. will quickly make a drunk person sober.	<input type="checkbox"/> True	<input type="checkbox"/> False
6.	Alcohol problems can be found amongst almost all classes of people.	<input type="checkbox"/> True	<input type="checkbox"/> False
7.	Alcohol destroys the cells in the liver.	<input type="checkbox"/> True	<input type="checkbox"/> False
8.	95% of alcohol taken into the body is absorbed into the blood stream through the intestines.	<input type="checkbox"/> True	<input type="checkbox"/> False
9.	Alcohol irritates the kidneys causing an increased loss of fluid.	<input type="checkbox"/> True	<input type="checkbox"/> False
10.	Alcohol only effects people who have no will power.	<input type="checkbox"/> True	<input type="checkbox"/> False

Date: _____ Supervisor's Signature: _____



Diagram: Alcohol Affects These Parts of the Body





REQUIREMENT 2

WRITE AND SIGN A PLEDGE CARD CHOOSING A LIFESTYLE FREE FROM ALCOHOL.

Date: _____

Supervisor's Signature: _____

MY PLEDGE

I, _____
pledge to choose
a lifestyle free
from alcohol.

(Signature)

(Date)



REQUIREMENT 3

IDENTIFY THREE PLANETS, FIVE STARS, AND FIVE CONSTELLATIONS.

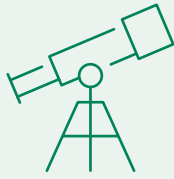
Draw 3 planets and identify them:

	IDENTIFY:
	IDENTIFY:
	IDENTIFY:



REQUIREMENT 3

**IN THE SPACES BELOW,
SKETCH IN 5 DIFFERENT
CONSTELLATIONS, MARKING
AT LEAST 5 STARS OVERALL.**



REQUIREMENT 3

I CAN IDENTIFY THE FOLLOWING CONSTELLATIONS AND STARS:

Planets

1. _____
2. _____
3. _____

Constellations

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

Stars

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

Date: _____


Supervisor's Signature: _____






REQUIREMENT 4

COMPLETE ONE OF THE FOLLOWING HONOURS; AMPHIBIANS, BIRDS, FLOWERS, STARS, OR WEATHER.

 Link: [Pathfinder Nature Honours List](#)



HONOUR	DATE	SUPERVISOR'S SIGNATURE
AMPHIBIANS	<hr/>	<hr/>
FLOWERS	<hr/>	<hr/>
STARS	<hr/>	<hr/>
BIRDS	<hr/>	<hr/>
WEATHER	<hr/>	<hr/>



REQUIREMENT 5

REVIEW THE POINTS OF A GOOD CAMP SITE.

Describe six points of a good camp-site:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Date: _____

Supervisor's Signature: _____





REQUIREMENT 6

PASS A TEST IN EXPLORER FIRST AID.



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 6

PASS A TEST IN EXPLORER FIRST AID

First Aid Test

THEORY:

1. Complete the following statements: **(15 marks)**

(a) In the case of burns with acids or chemicals that have been spilt on the clothing _____

(b) A very tight bandage used only in special cases such as amputations of for certain marine stings is called

(c) Unconscious persons should be placed in the recovery position. The reason for this is _____

(d) Ticks may cause _____

(e) The correct method of treatment is _____

2. Write what you consider is the best treatment of each of the following: **(18 marks)**

(a) Heat rash _____

(b) Sunburn _____

(c) Smoke inhalation _____

(d) Bee, Hornet or Wasp sting _____

(e) Jellyfish sting _____

(f) Other marine stings _____

3. Prolonged exposure to the sun should be avoided. If sunburn occurs then bad cases should be treated by the doctor but mild cases can be treated in the following manner. **(8 marks)**

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

4. Prolonged exposure to heat or even short exposure to intense heat can produce violent body reaction. The first simple reaction is heat cramps. The person becomes dizzy, weak and has painful muscle spasms. This best treated by: **(9 marks)**

1. _____ 3. _____
2. _____

5. Over exposure to heat can lead to heat exhaustion or heat stroke. This is very dangerous. How would you control heat stroke? **(6 marks)**

6. Complete the following statement: **(4 marks)**

The initial treatment of all burns is _____

PRACTICAL:

7. a. Demonstrate your treatment of a person who has been bitten on the calf of the leg by a snake. **(20 marks)**
8. b. You have come across an unconscious person lying on his back. Demonstrate your treatment. **(20 marks)**

SCORE:

THEORY	____ / 60
PRACTICAL	____ / 40
TOTAL	____ / 100

Date: _____ Supervisor's Signature: _____





REQUIREMENT 7

COMPLETE ONE RECREATIONAL HONOUR NOT PREVIOUSLY EARNED, OR ONE NATURE HONOUR IN ADDITION TO REQUIREMENT 4.



Link: [Pathfinder Honours List](#)



The honour that I completed was:

Date: _____ Supervisor's Signature: _____





REQUIREMENT 8

REVIEW THE FRIEND AND COMPANION KNOTS, AND LEARN THE TAPE KNOT.




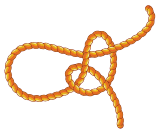


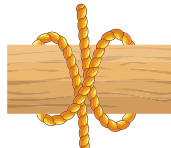


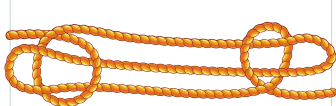
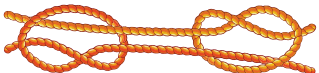
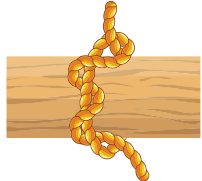

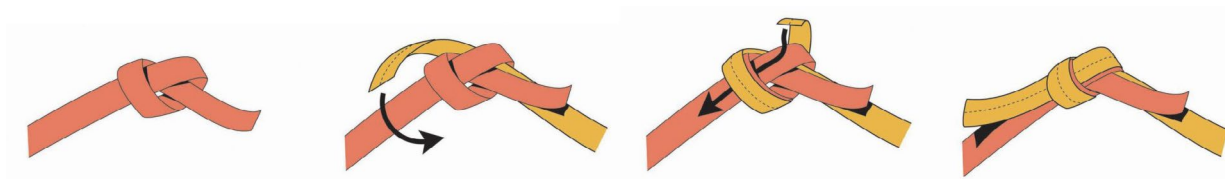
 OVERHAND	 GRANNY	 SQUARE
 SLIP KNOT	 DOUBLE BOW	 TWO HALF HITCHES
 CLOVE HITCH	 BOWLINE	 SHEET BEND
 SHEEPSHANK	 FISHERMAN'S KNOT	 TIMBER HITCH
 TAUT LINE HITCH		

Image Source: <https://www.cmcpro.com/water-knot/>



TAPE KNOT (ALSO KNOWN AS WATER KNOT)

Date: _____ Supervisor's Signature: _____



REQUIREMENT 9

PLAN A MENU FOR A THREE-DAY CAMPING TRIP FOR FOUR PEOPLE, USING AT LEAST THREE DIFFERENT DEHYDRATED FOODS.

Fill in the chart below. Remember to get a menu agreeable to all four people. It is best to do it together. Remember drinks, fruit, a balanced diet and ease of preparation.

	BREAKFAST:	LUNCH:	DINNER:
AFTERNOON OF ARRIVAL			
DAY 1			
DAY 2			
DAY 3			

Date: _____ Supervisor's Signature: _____



REQUIREMENT 10

HAVE A BASIC KNOWLEDGE OF THE USE OF A TWO-WAY RADIO.

Date: _____

Supervisor's Signature: _____



REQUIREMENT 11

COMPLETE SECTION 2—THE COMPASS, OF THE MAP AND COMPASS HONOUR.

Requirement 2.1: What are the 8 major points of the compass and their bearings?

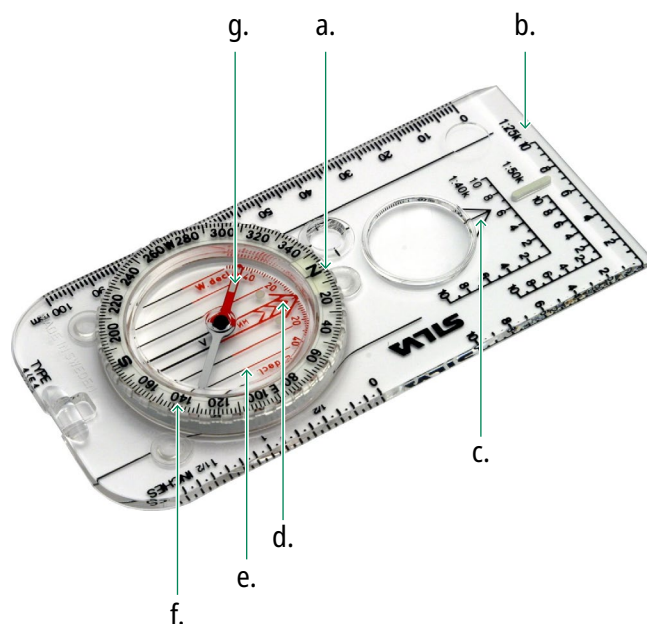
	Point	Bearing
	North	
a.		
b.		
c.		
d.		
e.		
f.		
g.		

A circular diagram representing a compass rose with eight points labeled a through g. The top point is labeled 'North'. The points are arranged clockwise: North, a., b., c., d., e., f., g.

Requirement 2.2: Identify the type of compass most popular with bush-walkers.

Requirement 2.3: Know the parts of an orienteering compass. [Please complete the table]**Part Name:**

a.
b.
c.
d.
e.
f.
g.

**Requirement 2.4: Know and explain the following as they relate to Grid Bearings and Magnetic Bearings. [Please use brief notes, diagrams or pictures]**

a. What are Bearings?
b. How to calculate a Grid Bearing from the map:
c. How to convert a Grid Bearing to a Magnetic Bearing:
d. How to convert a Magnetic Bearing to a Grid Bearing:
e. How to take and march on a Magnetic Bearing:
f. What is Slipping and how to correct for it?
g. How to take a Back Bearing:

Requirement 2.5: Know and explain the following as they relate to Resection.*[Please use brief notes, diagrams or pictures]*

a. What is Resection?

b. The two-bearing method of Resection:

c. The one-bearing method of Resection:

Requirement 2.6: Know and explain how to orient your map by:*[Please use brief notes, diagrams or pictures]*

a. By inspection:

b. Using a compass:

Date: _____ Supervisor's Signature: _____



REQUIREMENT 1

SECTION 4: PRACTICAL

COMPLETE SECTION 4—PRACTICAL, OF THE MAP AND COMPASS HONOUR, AND KEEP A LOG.

With the exception of Requirement 4.3, all of the following practical requirements are covered in previous requirements.

Requirement 4.1: Demonstrate how to:

- a. Read six-figure Grid References. Refer Requirement 1.6c.
- b. Calculate a Grid Bearing from the map. Refer Requirement 2.4b.
- c. Convert Grid bearing to a Magnetic Bearing. Refer Requirement 2.4c.
- d. Take a Magnetic Bearing. Refer Requirement 2.4e.
- e. Locate a position using Resection. Refer Requirement 2.5.

Requirement 4.2: Navigate to a target feature using a Magnetic Bearing.

Refer Requirement 2.4e.

Requirement 4.3: Prove your ability in the use of a map and compass by following a cross- country course with at least ten given readings or control points. Keep a log detailing:

- Grid references,
- Grid and magnetic bearings,
- Records of actual course taken.

Details (ie Grid references, Grid & magnetic bearings, Records of actual course taken).

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Date: _____ Supervisor's Signature: _____



REQUIREMENT 2

IDENTIFY SIX TRACKS OF ANIMALS OR BIRDS. MAKE A PLASTER CAST OF TWO TRACKS.

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

I IDENTIFIED THE FOLLOWING 6 TRACKS OF ANIMALS AND BIRDS:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

CASTS MADE:

1. _____ Date made: _____
2. _____ Date made: _____

Date: _____

Supervisor's Signature: _____



REQUIREMENT 3

PLAN AND COOK 2 CAMP MEALS:

Meal 1:	Meal 2:
Ingredients:	Ingredients:
Preparation:	Preparation:
Recipe:	Recipe:

Date: _____ Supervisor's Signature: _____



REQUIREMENT 4

REVIEW THE FOUR BASIC LASHINGS AND BUILD ONE ARTICLE OF CAMP FURNITURE.

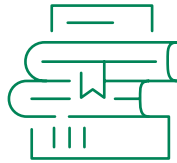
Sketch the camp furniture built.

We built a _____ from bush timber and rope.

I REVIEWED THE FOLLOWING LASHINGS:

Square	Date: _____	Signature: _____
Diagonal	Date: _____	Signature: _____
Sheer	Date: _____	Signature: _____
Continuous	Date: _____	Signature: _____

Date: _____ Supervisor's Signature: _____



REQUIREMENT 5

**READ THE GOSPEL OF JOHN IN ANY TRANSLATION,
AND DISCUSS IN YOUR GROUP ANY ONE OF THE FOLLOWING:**

☐ **HUMILITY—JOHN 13:12-17**

☐ **LORD'S PROMISE—JOHN 14:1-3**

☐ **VINE AND BRANCHES—JOHN 15:5-8**

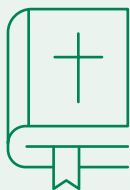
Discussion Notes:

Discussion Notes:

Discussion Notes:

Date: _____

Supervisor's Signature: _____



REQUIREMENT 6

UNDERSTAND AND BE ABLE TO EXPLAIN THE MEANING OF PROVERBS 20:1 AND PROVERBS 23:29-32.

PROVERBS 20:1 NLT

_____ produces _____; alcohol leads to _____. Those led
_____ by _____ cannot be _____.

EXPLAIN TEXT:

PROVERBS 23:29-32 NLT

Who has _____? Who has _____? Who is always _____?
Who is always _____? Who has unnecessary _____? Who has
_____? It is the one who spends _____ in
the _____, trying out _____. Don't gaze at the _____,
seeing how _____ it is, how it _____ in the cup, how _____
it goes down. For in the end it _____ like a _____, it
_____ like a _____.

EXPLAIN TEXT:

Date: _____ Supervisor's Signature: _____



CAMP OUT ACTIVITIES



What is a concordance?

Faith

[illegible]

Date: _____ Supervisor's Signature: _____

List three different topics and the verses related to that topic with the aid of a concordance:

TOPIC ONE

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

TOPIC TWO

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

TOPIC THREE

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

Date: _____ Supervisor's Signature: _____





REQUIREMENT 8

PARTICIPATE IN AT LEAST 4 CLUB CAMP-OUTS.

CAMP 1

Date: _____

Location: _____

CAMP 2

Date: _____

Location: _____

CAMP 3

Date: _____

Location: _____

CAMP 4

Date: _____

Location: _____



REQUIREMENT 1

BE INVESTED FOR EXPLORER.

Date: _____

Supervisor's Signature: _____

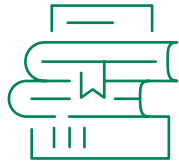


REQUIREMENT 2

**PARTICIPATE IN THE CLUB COMMUNITY SERVICE
PROJECT FOR THE YEAR.**

Date: _____

Supervisor's Signature: _____



REQUIREMENT 3

COMMIT TO MEMORY ANY OF THE FOLLOWING:



HUMILITY—JOHN 13:12-17



LORD'S PROMISE—JOHN 14:1-3



VINE AND BRANCHES—JOHN 15:5-8

Date: _____

Supervisor's Signature: _____



REQUIREMENT 4

MAKE TWO ADDITIONAL PLASTER CASTS OF BIRD OR ANIMAL TRACKS.

I made casts of the following tracks:

- 1. _____ Date made: _____
- 2. _____ Date made: _____

Date: _____

Supervisor's Signature: _____



REQUIREMENT 5

COMPLETE ONE ADDITIONAL HONOUR NOT PREVIOUSLY EARNED.



Link: [Pathfinder Honours List](#)



Date: _____

Supervisor's Signature: _____



REQUIREMENT 6

ATTEND AT LEAST TWO CONFERENCE EVENTS.

Conference Event Name: _____

Location: _____

Date: _____

Conference Event Name: _____

Location: _____

Date: _____

Date: _____

Supervisor's Signature: _____



REQUIREMENT 7

OBTAIN 2 MEMORY GEM CERTIFICATES.

I passed my Memory Gem test on: _____

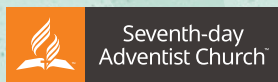
Supervisor's Signature: _____

NOTES



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South Pacific