



# EXPLORER

## Class Requirements Workbook

Pathfinder:

Teacher:

FRIEND

COMPANION

EXPLORER

RANGER

VOYAGER

GUIDE

South Pacific Division Discipleship Youth Ministries



# Explorer Class Requirements Workbook Upgrade 2021

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

## PRODUCED BY:

**South Pacific Division Discipleship—Youth Ministries**  
148 Fox Valley Road, Wahroonga, NSW 2076

### Youth Director/Specialist:

N J Kross

### Editing Team:

N J Kross  
D Samani Eke  
E Tongia  
M Cokanasiga

### Designer

J Turnbull

### Image Sources

Getty Images

### For information

**Email:** [youth@adventist.org.au](mailto:youth@adventist.org.au)

**Website:** [pathfinders.adventistchurch.com](http://pathfinders.adventistchurch.com)

## RESOURCES:

### Church Heritage Worksheets:

J Wells  
S Burrows

### Contributors:

M J Allen  
D E Bain  
G D Box  
E Tavai Brown  
N J Cappe  
B K Craig  
R F Craig  
D J Coltheart  
R Crosland  
W G Dowling  
A N Duffy  
A C Ellison  
T A Fischer  
R Gale  
J L Hanson  
J H Harris  
H Heunis  
D K Hosken  
N Hughes  
M Ibbott  
M S Jackson  
G L Kane  
N Keene  
R A Kench  
L A Landsdown  
E C Lemke  
A G Lindsay  
A Marseniak  
K E Martin  
R H Parr  
A N Patrick  
R E Possingham  
H Rianda

M A Schneider  
R J Swannell  
R W Taylor  
L R Thrift  
A Turner  
D L Weslake  
E C White

Seventh-day  
Adventist Church™

*South Pacific*



# Explorer Requirements

## GENERAL

1. Be 12 years of age and/or in Year 7 or its equivalent.
2. Be an active member of Pathfinders.
3. Learn or review the meaning of the Junior Law and demonstrate your understanding by participating in one of the following activities: role play, panel discussion, essay or prepare a project of your choice.
4. Have a current Book Club Certificate and write at least a paragraph of review on each book.

## ADVANCED

*Know the composition and proper use of the Pathfinder flag and unit guidon.*

## BIBLE SEARCH

1. Become familiar with the use of a concordance.
2. Hold a current Memory Gem Certificate.
3. Read the Gospels Luke and John in any translation, and discuss in your group any three of the following:
  - Luke 4:16-19 The Scripture reading.
  - Luke 11:9-13 Ask, seek, knock.
  - Luke 21:25-28 Signs of second coming.
  - John 13:12-17 Humility.
  - John 14:1-3 Lord's promise.
  - John 15:5-8 Vine and branches.

4. Choose, in consultation with your leader, one of the following areas:

- a. John 3 Nicodemus.
- b. John 4 The woman at the well.
- c. Luke 15 The prodigal son.
- d. Luke 10 The Good Samaritan.
- e. Luke 19 Zacchaeus.

and share your understanding of how Jesus saves individuals by using one of the following methods:

- a. Group discussion with your leader.
- b. Giving a talk at Pathfinders.
- c. Writing an essay.
- d. Making a series of pictures, charts or models.
- e. Writing a poem or song.

5. Memories and explain Proverbs 20:1 and Proverbs 23:29-32.

## ADVANCED

*Be able to identify Achernar, the Southern Cross, the Pointers, and Orion. Know the spiritual significance of Orion as told in the Early Writings.*

## SERVING OTHERS

1. Be familiar with the community services in your area and give assistance to at least one.
2. Participate in at least three church programs.

## ADVANCED

*Enrol a new member in Sabbath school, Pathfinders or a Bible correspondence course.*



## CHURCH HERITAGE

View the audio/visual presentation entitled "Tell it to the World", and discuss as a class the period of time from 1844 to the departure of J.N. Andrews as the first Adventist missionary.

OR

View Episode 4 "After The Disappointment" from the "Keeper's of the Flame" video series and complete the Explorer work sheet "Standing Firm".

## ADVANCED

*Complete the crossword puzzle based on the audio visual "Tell it to the World",*

OR

*Complete the Advanced Explorer work sheet "Standing Firm" based on the video "After the Disappointment".*



## HEALTH AND FITNESS

1. Complete one of the following activities, and design a Pledge Card choosing a lifestyle free from alcohol.
  - a. Participate in a class discussion of the physical effects of the drug alcohol on the body.
  - b. View an audio/visual on alcohol and other drugs, and discuss the effects on the human body.
2. Participate in an eight-kilometre hike and write a brief report.

## ADVANCED

*Participate in a 16-kilometre hike and make a list of clothing to be worn.*



## NATURE STUDY

1. Identify three planets, five stars, and five constellations.
2. Complete one of the following honours: Amphibians, Birds, Flowers, Stars, or Weather.

## ADVANCED

*Identify six tracks of animals or birds. Make a plaster cast of three tracks.*



## CAMPING &amp; SURVIVAL SKILLS

1. Participate in a two-night camp-out. Review the points of a good camp-site. Plan and cook two camp meals.
2. Pass a test in Explorer First Aid.
3. Complete one Recreational, or Arts and Crafts honour, not previously earned.
4. Explain what a topographical map is, what you can expect to find on it, and its uses. Identify at least 20 signs and symbols used on topographic maps.

## ADVANCED

1. *Review the basic lashings and build one article of camp furniture.*
2. *Plan a menu for a three-day camping trip for four people, using at least three different dehydrated foods.*
3. *Be able to send and received the semaphore alphabet, OR be able to send and receive the international Morse code by wigwag, OR know the alphabet in sign language for the deaf, OR have a basic knowledge of procedures of two-way radio communication.*



## REQUIREMENT 1

**BE 12 YEARS OF AGE AND/OR IN YEAR 7 OR ITS EQUIVALENT.**

Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_



## REQUIREMENT 3

**BE AN ACTIVE MEMBER OF PATHFINDERS.**

Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_



## REQUIREMENT 3

**LEARN OR REVIEW THE MEANING OF THE LAW AND DEMONSTRATE YOUR UNDERSTANDING BY PARTICIPATING IN ONE OF THE FOLLOWING ACTIVITIES: ROLE PLAY, PANEL DISCUSSION, ESSAY OR PREPARE A PROJECT OF YOUR CHOICE.**

**The Pathfinder Law is for me to:**

**LOOK** \_\_\_\_\_

I will not listen to rumours about people but will instead always try to speak a good word about everyone I know.

**AIM** \_\_\_\_\_

Because my life and abilities are gifts from God I will put one hundred percent effort into my work, play and relationships.

**LOVE** \_\_\_\_\_

God has placed me in a family. I will speak courteously and be obedient, thoughtful and unselfish in the way I act at home.

**BE** \_\_\_\_\_

I will learn to be cheerful and grateful for the many wonderful things that I have. I will not complain when things do not go my way or I cannot have what others have.

**PRESERVE** \_\_\_\_\_

Because I recognise that God is the creator and owner of this world, I will not be careless when I am out in nature but will do all I can to protect the environment in which I live.

**TAKE** \_\_\_\_\_

I will exercise regularly, eat a well-balanced and healthy diet, and say 'no' to any substances that will be harmful to my body.

**BE** \_\_\_\_\_

When I am asked to participate in programs at my church I will willingly do so. I will attend as regularly as I can.

**AND** \_\_\_\_\_

I will be ready to share my faith and follow God's leading in my life.

Date Memorised: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_





## REQUIREMENT 4

**HAVE A CURRENT BOOK CLUB CERTIFICATE AND  
WRITE AT LEAST A PARAGRAPH OF REVIEW ON EACH  
BOOK.**

### BOOK ONE

Title of Book \_\_\_\_\_

Author \_\_\_\_\_

Publisher \_\_\_\_\_

Year and ISBN \_\_\_\_\_

Book Report \_\_\_\_\_

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### BOOK TWO

Title of Book \_\_\_\_\_

Author \_\_\_\_\_

Publisher \_\_\_\_\_

Year and ISBN \_\_\_\_\_

Book Report \_\_\_\_\_

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**BOOK THREE**

Title of Book \_\_\_\_\_

Author \_\_\_\_\_

Publisher \_\_\_\_\_

Year and ISBN \_\_\_\_\_

Book Report \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**BOOK FOUR**

Title of Book \_\_\_\_\_

Author \_\_\_\_\_

Publisher \_\_\_\_\_

Year and ISBN \_\_\_\_\_

Book Report \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_





## KNOW THE COMPOSITION AND PROPER USE OF THE PATHFINDER FLAG AND UNIT GUIDON.

# Pathfinder Flag

Composition of the Pathfinder Flag:

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COLOUR	REPRESENTS
WHITE	"Blessed are the pure in heart for they shall see God." Mat. 5:8
BLUE	"And Daniel purposed in his heart that he would not defile himself." Dan. 1:8
RED	"The blood of Jesus Christ His Son cleanseth us from all sin." Rev. 3:18
GOLD	"I counsel thee to buy of me gold tried in the fire." Rev. 3:18
SHIELD	"The just shall live by Faith." Heb. 10:38
SWORD	"For the word of God is quick and powerful, and is sharper than any two-edged sword..." Heb. 4:12



# Pathfinder Guidon

Composition of the Unit Guidon:

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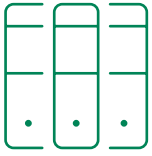
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Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_





## REQUIREMENT 1

## BECOME FAMILIAR WITH THE USE OF A CONCORDANCE.

## What is a concordance?

Make a list of Bible texts on the topic of **FAITH** as listed in any 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: \_\_\_\_\_





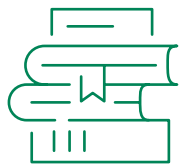
## REQUIREMENT 2

**HOLD A CURRENT MEMORY GEM CERTIFICATE.**

I passed my memory gem test on: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_





## REQUIREMENT 3

**READ THE GOSPELS LUKE AND JOHN IN ANY TRANSLATION, AND DISCUSS IN YOUR GROUP ANY THREE OF THE FOLLOWING:**

☐ **LUKE 4:16-19—THE SCRIPTURE READING**

☐ **LUKE 11:9-13—ASK, SEEK, KNOCK**

☐ **LUKE 21:25-28—SIGNS OF SECOND COMING**

☐ **JOHN 13:12-17—HUMILITY**

☐ **JOHN 14:1-3—LORD'S PROMISE**

☐ **JOHN 15:5-8—VINE AND BRANCHES**

Discussion Notes:

Discussion Notes:

Discussion Notes:

Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_





## REQUIREMENT 4

**CHOOSE, IN CONSULTATION WITH YOUR LEADER (LIST A), ONE OF THE FOLLOWING AREAS AND SHARE YOUR UNDERSTANDING OF HOW JESUS SAVES INDIVIDUALS BY USING ONE OF THE FOLLOWING METHODS (LIST B):**

### List A

☐ JOHN 3—NICODEMUS

☐ JOHN 4—THE WOMAN AT THE WELL

☐ LUKE 15—THE PRODIGAL SON

☐ LUKE 10—THE GOOD SAMARITAN

☐ LUKE 19—ZACCHAEUS

### List B

☐ A) GROUP DISCUSSION WITH YOUR LEADER

☐ B) GIVING A TALK AT PATHFINDERS

☐ C) WRITING AN ESSAY

☐ D) MAKING A SERIES OF PICTURES, CHARTS OR MODELS

☐ E) WRITING A POEM OR SONG

Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_



## REQUIREMENT 5

### MEMORISE AND EXPLAIN PROVERBS 20:1 AND PROVERBS 23:29-32.

#### PROVERBS 20:1 NLT

\_\_\_\_\_ produces \_\_\_\_\_; alcohol leads to \_\_\_\_\_. Those led  
\_\_\_\_\_ by \_\_\_\_\_ cannot be \_\_\_\_\_.

#### EXPLAIN TEXT:

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#### 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:

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Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_





## ADVANCED

**BE ABLE TO IDENTIFY ACHERNAR, THE SOUTHERN CROSS, THE POINTERS, AND ORION. KNOW THE SPIRITUAL SIGNIFICANCE OF ORION AS TOLD IN THE 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.

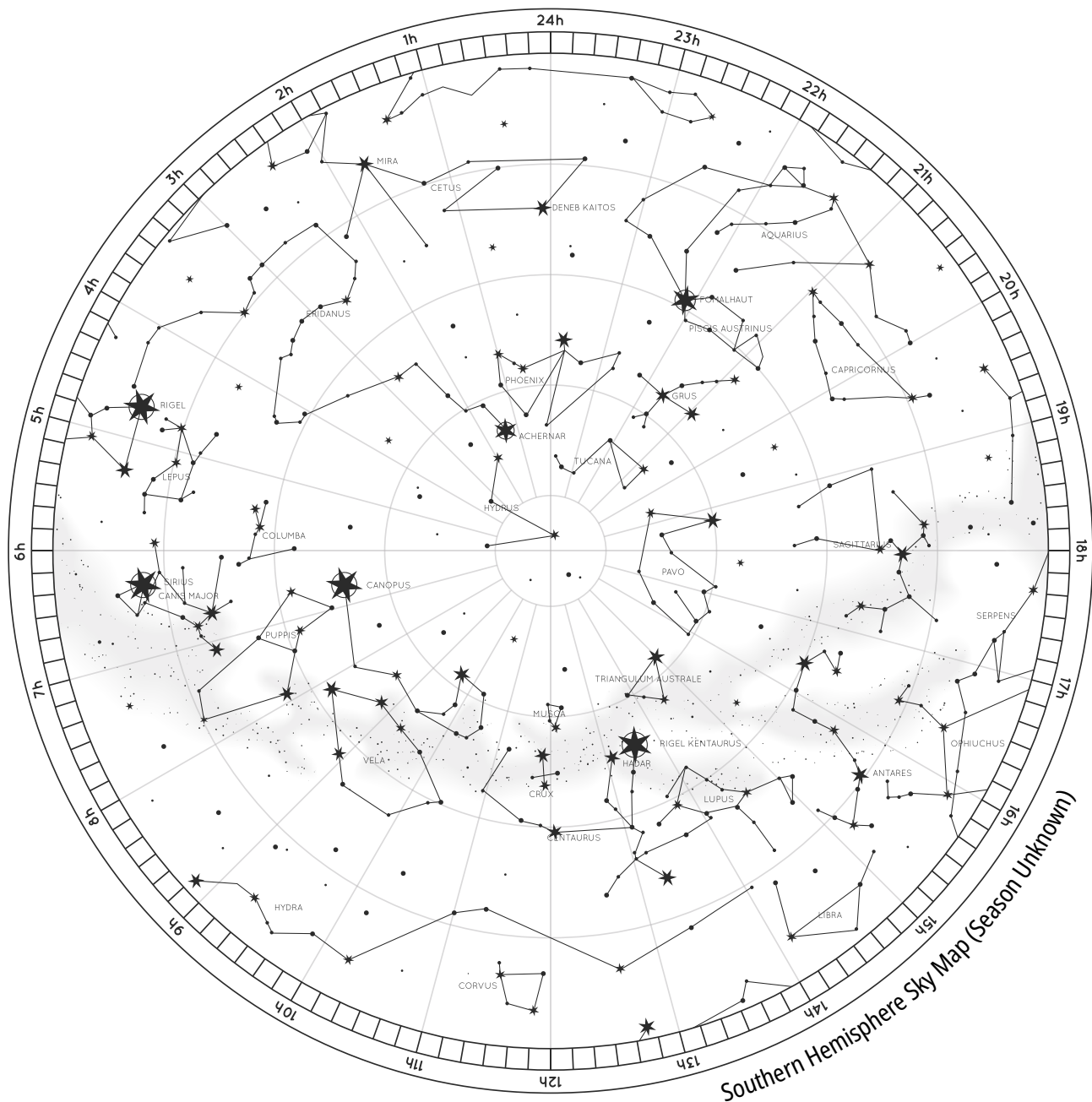
The atmosphere parted and rolled back: **then we could look up through the open space in Orion, whence came the voice of God. The Holy City will come down through that open space.** I saw that the powers of earth are now being shaken and that events come in order. War and rumours of war, sword, famine 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.



BIBLE SEARCH



## 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 1

**BE FAMILIAR WITH THE COMMUNITY SERVICES IN YOUR AREA AND GIVE ASSISTANCE TO AT LEAST ONE.**

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

Community Service:

### Report:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_





## REQUIREMENT 2

**PARTICIPATE IN AT LEAST THREE CHURCH PROGRAMS.**

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

### CHURCH PROGRAM 1

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### CHURCH PROGRAM 2

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### CHURCH PROGRAM 3

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Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_



**ENROL A NEW MEMBER IN SABBATH SCHOOL,  
PATHFINDERS OR A BIBLE CORRESPONDENCE  
COURSE.**

Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_



## REQUIREMENT

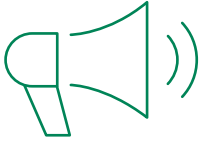


**VIEW THE AUDIO/VISUAL PRESENTATION ENTITLED “TELL IT TO THE WORLD,” AND DISCUSS AS A CLASS THE PERIOD OF TIME FROM 1844 TO THE DEPARTURE OF J.N. ANDREWS AS THE FIRST ADVENTIST MISSIONARY.**

**OR**



**OR VIEW EPISODE 4 “AFTER THE DISAPPOINTMENT” FROM THE “KEEPERS OF THE FLAME” VIDEO SERIES AND COMPLETE THE EXPLORER WORKSHEET “STANDING FIRM.”**



## REQUIREMENT 1

**VIEW THE AUDIO VISUAL PRESENTATION ENTITLED “TELL IT TO THE WORLD”, AND DISCUSS AS A CLASS THE PERIOD OF TIME FROM 1844 TO THE DEPARTURE OF J.N. ANDREWS AS THE FIRST ADVENTIST MISSIONARY.**

### Discussion Questions

1. What is the testimony of Jesus?
2. What would be your testimony of Jesus if you were talking to someone who had never heard of Him before?

1. What are some of the things that happened to Ellen White whilst having a vision? \_\_\_\_\_
2. What did Ellen White see in vision that convinced Joseph Bates that she was truly a messenger from God? \_\_\_\_\_
3. What special thing did Ellen White notice about the Ten Commandments she saw in vision? \_\_\_\_\_
4. How would you have felt if you were present while Ellen White was having a vision? Would you have been worried, anxious, happy, confused? \_\_\_\_\_
5. What was the message Ellen White had for her husband? \_\_\_\_\_
6. What was this little paper called and what was it the beginning of? \_\_\_\_\_
7. What is the name of the SDA Church paper now? \_\_\_\_\_
8. Name three of Ellen G. White's books. \_\_\_\_\_
9. How did Dr. Brown try to prove that Ellen White was not breathing? Why did he want to do this? \_\_\_\_\_
10. What name did David Hewitt propose for the band of believers? \_\_\_\_\_
11. In what year was the General Conference formed? \_\_\_\_\_
12. What famous company in Australia reminds us of the name of our first medical pioneer? \_\_\_\_\_
13. What name did Adventists invent for their first hospital? \_\_\_\_\_
14. What is the name of the Adventist University now situated near Battle Creek? \_\_\_\_\_
15. Who was the first Adventist overseas missionary? \_\_\_\_\_

Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_





## REQUIREMENT 1



View: [After The Disappointment](#) - Keepers of the Flame (Hope Channel)



# After the Disappointment

Worksheet based on the video "After the Disappointment" — Keepers of the Flame Episode 4.

Video Researched by Dr A Lindsay; Video Screenplay by Clavin Durrant; Pathfinder Worksheet by John Wells.

## STANDING FIRM

**After any great disappointment, you feel really down and out. But it is also an opportunity to look at problems in a different way. This is what happened after the Great Disappointment of 1844. As you watch this video, list the three things that the early Advent believers learnt.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

PLUS: There were a lot of place names mentioned during this video, see if you can list the important ones:-

R _____	F _____
P _____	N _____
W _____	B _____
N _____	P _____

You are all employed by the Contemporary Advertising Agency. The President of the Agency has given your teacher a memo that must be completed as soon as possible. Consult with your teacher for your assignment.

Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_



CHURCH HERITAGE





## REQUIREMENT



**COMPLETE THE CROSSWORD PUZZLE BASED ON THE AUDIO/VISUAL “TELL IT TO THE WORLD.”**

**OR**



**OR COMPLETE THE ADVANCED EXPLORER WORKSHEET “STANDING FIRM” BASED ON THE VIDEO “AFTER THE DISAPPOINTMENT.”**





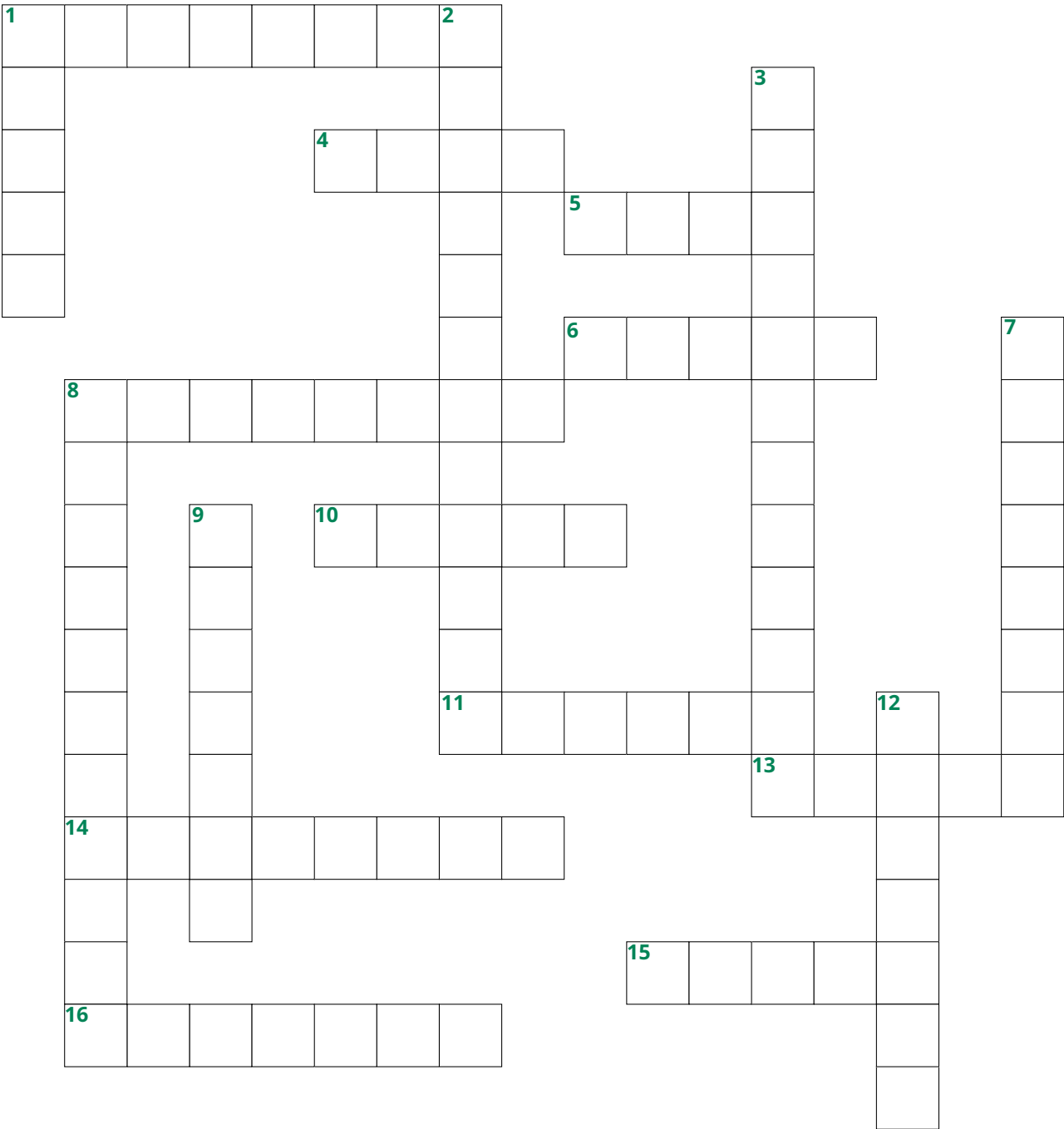
## COMPLETE THE CROSSWORD PUZZLE BASED ON THE AUDIO/VISUAL “TELL IT TO THE WORLD.”

### Clues Across

1. What was the name of the college started in 1901, which is now Andrews University?
4. For how many hours was Ellen White in vision at Randolph?
5. How many kilograms did the Bible weight that Mrs White is known to have held during a vision?
6. Whose tract did Ellen and James White read which resulted in them keeping the seventh day Sabbath?
8. Who was the first elected president of the SDA Church
10. Who claimed Ellen White was a spirit medium?
11. In 1852, who did the Battle Creek Postmaster recommend to Joseph Bates as the most honest man in town?
13. What was the name of Ellen & James White's eldest son?
14. What town was Ellen White told to visit to see Mr Sargent and Mr Robbins, who thought Mrs White's visions were of the devil?
15. To what were people driven back, as a result of the Great Disappointment?
16. Who helped in the health work of the Church, when it first began?

### Clues Down

1. Whose study following the Great Disappointment , concluded that Christ had come to the Most Holy Place in heaven?
2. A meeting at whose house resulted in “Systematic Benevolence”?
3. What was the name of the “Little Paper” Ellen was told in vision to ask her husband to print?
7. What gift was the remnant church to have?
8. Where was the first hospital run by the SDA Church built?
9. What Biblical name was given to the last-day church?
12. Who was the author of “the History of the Sabbath”?



Date: \_\_\_\_\_ Supervisor’s Signature: \_\_\_\_\_



## COMPLETE THE ADVANCED EXPLORER WORKSHEET “STANDING FIRM” BASED ON THE VIDEO “AFTER THE DISAPPOINTMENT.”

Break up into small groups and make up illustrated comic strips of the following stories. You will possibly have to re-listen to the video so that you get an idea of the story or your teacher may be able to help with extra resource material. Each group will then choose one of the stories (or if a very small class, ie. one).

### THE AWAKENING

The story of Hiram Edson and his friends who suddenly realize that the sanctuary is in Heaven. Remember the scene— they were wandering across a corn field.

### THE LADY HAD WORDS

The story of Rev. Wheeler’s encounter with Mrs Oakes.

### MAN AFRAID

The story of how God tried to encourage Hazen Foss to share his visions.

**If you heard a truth that you knew was from the Bible what would you do?**

☐ **IGNORE IT**    ☐ **CHECK IT OUT**    ☐ **GO FOR IT**

From all the truths contained in the Bible, which one do you find the hardest to understand?

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Share it with God. Share it with your teacher.

Date: \_\_\_\_\_ Supervisor’s Signature: \_\_\_\_\_





## REQUIREMENT 1

**COMPLETE ONE OF THE FOLLOWING ACTIVITIES, AND DESIGN A PLEDGE CARD CHOOSING A LIFESTYLE FREE FROM ALCOHOL.**

**A. PARTICIPATE IN A CLASS DISCUSSION OF THE PHYSICAL EFFECTS OF THE DRUG ALCOHOL ON THE BODY.**

**OR**

**B. VIEW AN AUDIO/VISUAL ON ALCOHOL AND OTHER DRUGS, AND DISCUSS THE EFFECTS ON THE HUMAN BODY.**

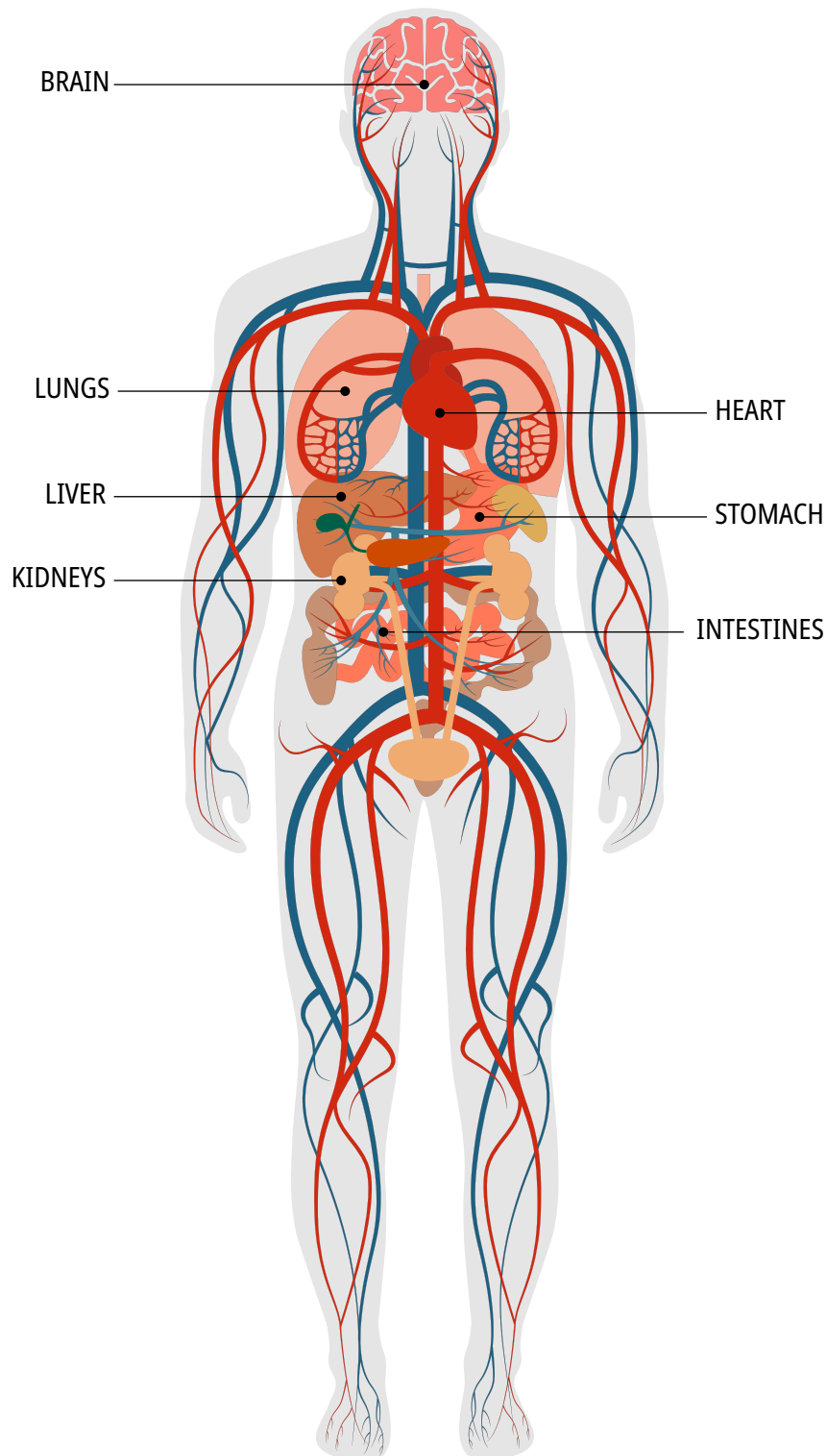
## True/False Quiz

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



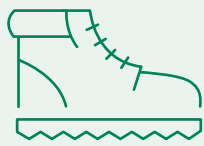


## REQUIREMENT 1

**DESIGN A PLEDGE CARD CHOOSING A LIFESTYLE FREE FROM ALCOHOL.**

Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_



## REQUIREMENT 2

**PARTICIPATE IN AN 8-KILOMETRE HIKE AND WRITE A BRIEF REPORT.**

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

**DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

**PLACE:** \_\_\_\_\_

**BRIEF REPORT:** \_\_\_\_\_

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Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_





**PARTICIPATE IN A 16-KILOMETRE HIKE AND MAKE A LIST OF CLOTHING TO BE WORN.**

**PLAN:** \_\_\_\_\_

\_\_\_\_\_

**DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

**WHO:** \_\_\_\_\_

\_\_\_\_\_

**WEATHER:** \_\_\_\_\_

\_\_\_\_\_

**DURATION:** \_\_\_\_\_

\_\_\_\_\_

**WHAT I SAW:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WHAT I DID:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**LIST OF CLOTHING I WORN:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_





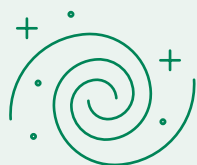
## REQUIREMENT 1

### IDENTIFY THREE PLANETS, FIVE STARS AND FIVE CONSTELLATIONS.

Draw 3 planets and identify them:

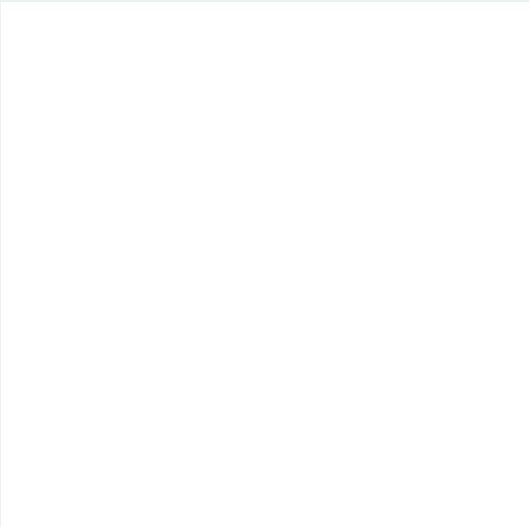
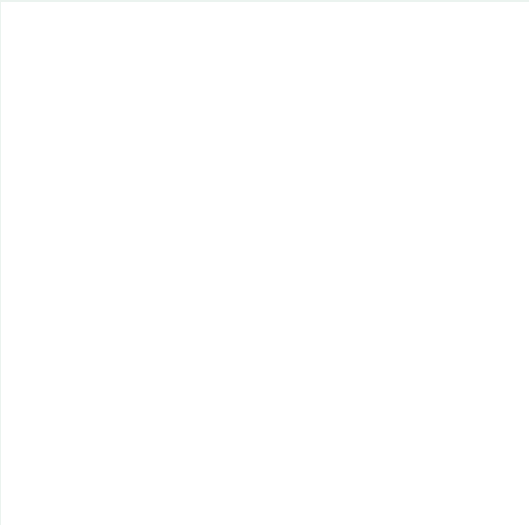
	<b>IDENTIFY:</b>
	<b>IDENTIFY:</b>
	<b>IDENTIFY:</b>





# REQUIREMENT 1

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





## REQUIREMENT 1

**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 2

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

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

(Include additional pages to this workbook, may 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: \_\_\_\_\_
3. \_\_\_\_\_ Date made: \_\_\_\_\_

Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_



## REQUIREMENT 1

**PARTICIPATE IN A TWO-NIGHT CAMP-OUT. REVIEW THE POINTS OF A GOOD CAMP-SITE. PLAN AND COOK TWO CAMP MEALS.**

**DATE OF CAMP-OUT:** \_\_\_\_\_

**PLACE:** \_\_\_\_\_

Describe six points of a good camp-site:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Suggested Program:

---

---

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Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_



## REQUIREMENT 1

### PLAN AND COOK 2 CAMP MEALS:

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

Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_





## REQUIREMENT 2

### 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 2

### 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 or 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)**

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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
<b>TOTAL</b>	<b>____ / 100</b>

Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_





## REQUIREMENT 3

**COMPLETE ONE RECREATIONAL, OR ARTS AND CRAFTS HONOUR, NOT PREVIOUSLY EARNED.**



Link: [Pathfinder Honours List](#)



Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_



## REQUIREMENT 4

**EXPLAIN WHAT A TOPOGRAPHICAL MAP IS, WHAT YOU CAN EXPECT TO FIND ON IT, AND ITS USES. IDENTIFY AT LEAST 20 SIGNS AND SYMBOLS USED ON TOPOGRAPHIC MAPS.**

Part of the fun in mapping is knowing how the map tells its story. This is done in part by symbols that represent certain details. They are known as conventional signs, and on the topographic map they are usually printed in three or more colours.

The works of man, such as cities, towns, roads, bridges, railroads, names, boundary lines, etc., are indicated in black. Blue indicates water—rivers, lakes, swamps, springs. Contour lines for hills and valleys are in brown. On some maps, woodland areas in green, and main highways in red. These conventional signs form a picture language that indicates landscape features.

Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_





# REQUIREMENT 4

**Explain what a topographical map is, what you can expect to find on it, and its uses.**

Identify at least 20 signs and symbols used on topographic maps and draw them in the space below.

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

Date: \_\_\_\_\_ Supervisor's Signature: \_\_\_\_\_



## ADVANCED REQUIREMENT 1

### REVIEW THE 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: \_\_\_\_\_





## ADVANCED REQUIREMENT 2

### 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: \_\_\_\_\_



## ADVANCED REQUIREMENT 3

- **BE ABLE TO SEND AND RECEIVED THE SEMAPHORE ALPHABET,**
- **OR BE ABLE TO SEND AND RECEIVE THE INTERNATIONAL MORSE CODE BY WIGWAG,**
- **OR KNOW THE ALPHABET IN SIGN LANGUAGE FOR THE DEAF,**
- **OR HAVE A BASIC KNOWLEDGE OF PROCEDURES OF 2-WAY RADIO COMMUNICATION.**



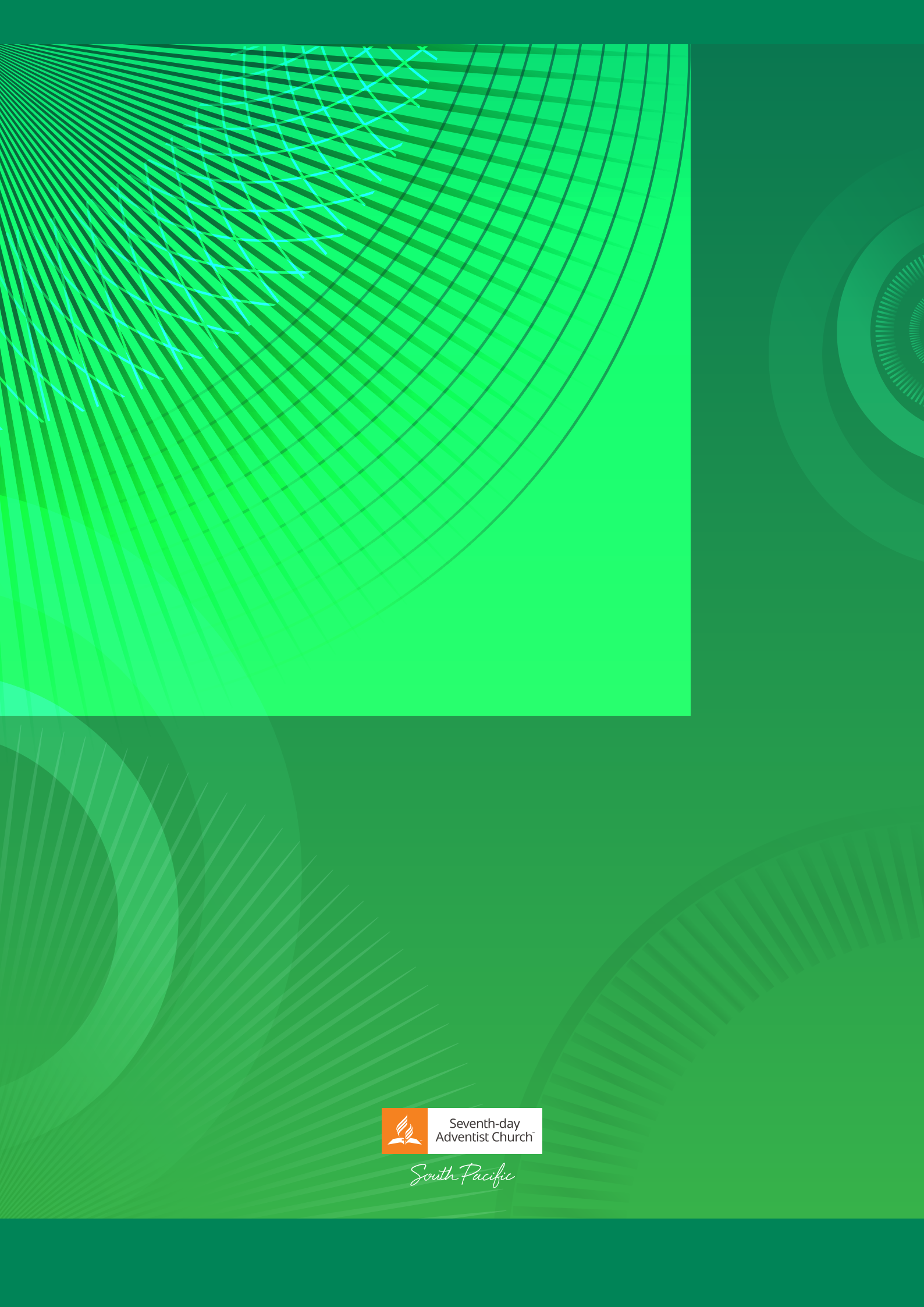
Link: [Pathfinder Signalling Resources](#)



Date: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_





*South Pacific*