

**Trekker Award - Self Achievement in Patrol Life**  
 (Estimated Completion Time 6 Months)

| Theme / Thread                          |  |
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| <p>Citizenship and Global Awareness</p> | <p>1. Complete ONE of the following:</p> <ul style="list-style-type: none"> <li>• Participate in an <b>International Exchange Activity</b>. Discuss with your Patrol your experiences from the activity. Include in your discussion how you appreciated differences in how people from different cultures live. Record your discussion in your Journal.<br/>OR</li> <li>• Hold at least ONE of the following proficiency badges:<br/>Conservator, World Friendship, World Scout Environment Programme.<br/>OR</li> <li>• <b>National Education</b><br/>Hold at least ONE of the following proficiency badges:<br/><i>Total Defence Badge, Crime Prevention Badge for Venture Scouts.</i><br/>Or act as a National Educational / Total Defence ambassador.<br/>OR</li> <li>• <b>Heritage</b><br/>Hold the National Heritage Badge for Venture Scouts.</li> </ul> <p><u>Note:</u> Venture Scouts who have completed the Global Awareness activity at the Voyager Award under the Scout Progress Badge Scheme are exempted.</p> <p>2. <b>Community Living</b><br/>                     Make an arranged visit to a government department, statutory board, community centre or public organisation, and make a report and discuss with your VSL on its: -</p> <ol style="list-style-type: none"> <li>a. History</li> <li>b. Purpose</li> <li>c. Function</li> <li>d. Challenges they are currently facing or working on</li> </ol> <p><i>Example: Neighbourhood Police Centre, Public Utilities Board, Town Council, Housing Development Board, National Trade Union Congress, Juvenile Court, Family Service Centres, Elderly Living, National Parks Board, etc.</i></p> |
| <p>Leadership and Interest</p>          | <p>1. <b>Leadership Appointment</b><br/>                     Hold a leadership appointment or role of responsibility successfully for no less than THREE months in the Unit or one approved by your VSL.<br/>                     You should discuss with your VSL beforehand and record your role, responsibilities, terms of duties, targets, achievements, etc. and later evaluate with your VSL.<br/> <i>Example: President / Vice-President of a club or society, Captain / Vice-Captain of a sports team, Stage Director, Chairman / Vice-Chairman of an Executive Committee, Peer Support Leader, Patrol Leader of a Venture Patrol etc.</i><br/>                     OR<br/>                     Have held ONE of the responsibility badges:<br/> <i>Camp Warden, Fireman, Quartermaster, Secretary, Race Management.</i><br/>                     OR</p> <ul style="list-style-type: none"> <li>• <b>Project Leadership</b><br/>                     Lead a committee, as either the Chairman or Vice-Chairman, in a project approved by the VSL from conceptualization to evaluation, of which the entire process should take no less than TWO months.</li> </ul>  |

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| <p><b>Adventure and Outdoor</b></p> <p>Core Scouting Activities are:</p> <ul style="list-style-type: none"> <li>• Camping</li> <li>• Outdoor Exploration / Expedition</li> <li>• Knotting &amp; Pioneering</li> <li>• Outdoor Cooking</li> </ul> | <p>1a. Successfully complete ONE of the following:</p> <ul style="list-style-type: none"> <li>• Standard First Aid Course by Singapore Red Cross Society.<br/>OR</li> <li>• Adult First Aid Course by St. John's Ambulance Brigade.<br/>OR</li> <li>• First Aid qualification by National First Aid Council.<br/>OR</li> <li>• Community Emergency Preparedness Programme (CEPP) by Singapore Civil Defence Force.<br/>OR</li> <li>• Similar courses approved by the Venture Scout Programme Council.</li> </ul> <p>1b. Be responsible for <b>First Aid</b> in any setting.</p> <p>1c. <b>Home Economics</b><br/>Complete the following:</p> <ul style="list-style-type: none"> <li>• Mend and iron clothing.</li> <li>• Wash, dry and fold clothing.</li> <li>• Plan, budget, market and prepare a meal for four.</li> </ul> <hr/> <p>2a. <b>GPS Exploration</b><br/>Show evidence of the following:</p> <ul style="list-style-type: none"> <li>• Ability to understand how a GPS works (theory of operation) and how it pin-points a location</li> <li>• Working knowledge of the various GPS devices available, including the GPS application developed by the Venture Scout programme Council</li> <li>• Choose an appropriate device for navigation and situations where appropriate; and compare the use of GPS with traditional navigation equipment</li> <li>• Exploit the various parameters provided by a GPS device for navigation</li> <li>• Execute a exploration hike using the GPS application developed by the Venture Scout Programme Council or any other suitable tool.</li> </ul> <p>2b. Plan and conduct a teaching session with a proper lesson plan on <b>Outdoor Cooking or Knotting &amp; Pioneering</b> activity at the Unit, or Area Level.</p> <p><u>Note:</u> Venture Scouts who have completed the Core Scouting Activity (Outdoor Cooking or Knotting &amp; Pioneering) at Voyager Award under the Scout Progress Badge Scheme are exempted</p> <p><b>Fulfilling (1a,1b and 2b) and Venture Badge (1) will fulfill the requirement for NYAA Silver (Skills).</b></p> |
| <p><b>Service and Community</b></p>  | <p>1. Perform <b>regular service</b> for least 30 hours on three separate occasions. Understand the needs and challenges and be able to explain the importance of the services rendered to your VSL.</p> <p>The selected community <u>must not be</u> your own unit. It can be related to the Singapore Scout Association.</p> <p><b>Fulfilling (1) will also fulfill the requirement for NYAA Silver (Service).</b></p>  |
| <p><b>Sports and Physical Recreation</b></p>   | <p>1. Organize at least <b>TWO Scouting games</b> requiring teamwork during a Troop meeting.</p> <hr/> <p>2. Play a <b>sport for recreation</b> regularly.</p> <p><u>Note:</u> Venture Scouts who have completed the Sports and Physical Recreation (Recreational Sports) at Discoverer Award under the Scout Progress Badge Scheme are exempted.</p> <p><b>Fulfilling (2) will also fulfill the requirement for NYAA Silver (Physical Recreation).</b></p>   |

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|  | <p>3. Complete the following:</p> <ul style="list-style-type: none"> <li>• <b>Sit Up in ONE minute</b><br/>More than 35 for males, more than 25 for females.</li> <li>• <b>Push Up in ONE minute</b><br/>More than 25 for males.</li> <li>• <b>Inclined Pull Ups in 30 seconds</b><br/>More than 8 for females.</li> <li>• <b>2.4 km Run</b><br/>Less than 13:20 minutes for males, less than 17:00 minutes for females.</li> </ul>   |
| <b>Inspirations, Beliefs and Attitudes</b> | <p>1. <b>Literature Review</b><br/>Read <i>Scouting For Boys</i>.<br/>Discuss with your VSL on how the book is still relevant today. Record your discussion in your journal.</p>  |
|  | <p>2. <b>I'm Your Mentor</b><br/>Mentor a Scout in your Troop for at least THREE months.<br/>Share with him your experiences / perspectives on Scouting, and relate them to the Scout Promise and Law. Share the challenges you've faced and how you overcame them in the presence of a Scout Leader. The Scout need not be from your own troop.</p>  |
| <b>Creative Pursuits</b>                   | <p>1. Contribute to your Scout Group or your community with ONE of the following activities in a leading role: -</p> <ul style="list-style-type: none"> <li>• Organise a Scouts' Own including programme planning and selecting or writing prayers or music.<br/>OR</li> <li>• Promote a charity or its event through a newsletter, brochure, poster, video, website or mini-exhibition.<br/>OR</li> <li>• Design a new, or a new way to conduct a, Scout activity.<br/>OR</li> <li>• Design a new pioneering project to overcome a given challenge.<br/>OR</li> </ul> <p>Produce a performance event including conceptualisation, auditions, rehearsals and stage management.</p> <p><u>Note:</u> Venture Scouts who have completed Creative Pursuits at Voyager Award of the Revised Scout Progress Scheme should challenge themselves with a larger scope and higher complexity.</p> |