girl scouts

The Adult Guide

2011 Edition

The Girl Scout Guide to Global Travel

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Inside the Adult Guide to Girl Scouts Global Travel

This resource is created especially for you—adults ready to guide girls on travel adventures in Girl Scouts. Thanks to you, girls can experience unforgettable, life-changing adventures.

Through travel, girls gain enormous benefits. They develop self-confidence and learn leadership skills by planning, earning money, and venturing to other countries or parts of the United States. They make lifelong friends—not only with the girls they travel with but new girls they meet overseas. They gain cultural insight, an appreciation for differences and similarities, and a broadened perspective. As girls mature in Girl Scouts, many consider travel one of the most exciting aspects of their membership.

Consider this guide your manual to coaching girls through the travel process from beginning to end. And keep in mind: The Adult Guide to Girl Scout Global Travel serves as a companion to Exploration: The Girl Scout Guide to Global Travel and The Girl Scout Travel Log.

Exploration: The Girl Scout Guide to Global Travel introduces girls to travel and sends them on a chronologically organized adventure. Each section provides girls with information and fun tools and tips to accomplish tasks in the given time frame. Topics covered include:

Trip Planning at a Glance
Getting Started
Money Earning and Budgeting
Adult Network
Travel Readiness (Maturity Level)
Itinerary Building
Representing Girl Scouts
Group Behavior
Safety
Health and Fitness
Cultural Exchange
Last-Minute Details
Packing
Reflection Before Travel
Safety
Sharing the Experience
Taking Action
Reflection on Leadership

The Girl Scout Travel Log is a journal for girls to record their travel experiences—before, during, and after their trips. Girls can use their travel logs to capture memories, reflect on insights, and jot down ideas about how to educate and inspire others back home. Support journal work by giving girls time to write as well as debrief after each step.

Volunteer Essentials is a companion resource that will help you protect and maintain the well-being of girls. This publication provides program standards, safety guidelines, and basic leadership resources. Contact your council for a copy.

Travel Through the Girl Scout Leadership Lens

Everything girls do in Girl Scouting is based on the Girl Scout Leadership Experience.

Focus of Girl Scout Activites

Discover
Connect
Take Action

Girl Scout Processes

Girl Led
Learning by Doing
Cooperative Learning

15 Short-term and Intermediate Outcomes

Girls gain specific knowledge, skills, attitudes, behaviors, and values in Girl Scouting.

Long-Term Outcome

Girls lead with courage, confidence, and character to make the world a better place.

And Girl Scout trips are no different. Girls will discover, connect, and take action at every stage, from budgeting to traveling. In your role as a supportive adult, you can shape girls' adventures by infusing the processes of girl led, learning by doing, and cooperative learning into activities. The diagram above shows the components of the leadership experience and how they tie in with the larger goal of Girl Scouts: developing the courage, confidence, and character to make the world a better place.

Benefits to Girls

Benefits to Girls (Outcomes)

Outcomes are another of way of saying "benefits to girls"—what girls may gain as they plan and carry out trips. As it states in Transforming Leadership, a Girl Scout resource that adults can use to help incorporate the Girl Scout Leadership Experience into all activities, "As girls take part in Girl Scouting, facilitators [Girl Scout adults] can review the outcomes, and the signs of those outcomes, to gauge the benefits of the experience. The signs of the outcomes reflect what girls might think, say, or do—during and after a leadership experience—and help adults determine the success of the experience. The chart below shows the leadership outcomes and indicators specific to girl travel.

In the appendix, you'll find forms to use with girls to evaluate their travel experiences. Use these forms as a means for you and girls to explore how they've grown from this experience.

	Outcomes	Indicators How will you know when girls are working toward the intended outcome? You may hear them say something like...
Discover	Girls develop a strong sense of self.	I learned it's okay to be different from other kids around me. I did things that made me feel good about myself.
	Girls gain practical life skills.	I learned how to do things I didn't think I could do.
	Girls seek challenges in the world.	I tried new activities even if they were hard to do.
	Girls develop critical thinking.	I tried to solve problems for myself before asking for help. I was willing to change my mind about something if I learned new information.
Connect	Girls develop healthy relationships.	I learned that I could disagree with someone and still be friends. People made me feel like I belonged.
	Girls promote cooperation and team building.	I worked together with other girls in towards a common goal. I volunteered to help or lead during this program. I helped plan the activities I did.
	Girls feel connected to their communities, locally and globally.	Connecting with other girls helped strengthen my feelings of being a part of the Girl Scout community. This travel helped increase my interest in being a leader in my local or global community. I interacted with people of different races or cultures. As a group we had an opportunity to discuss what we learned at our destination.
Take Action	Girls educate and inspire others to act.	I will share with others what I learned from my destination.
	Girls feel empowered to make a difference.	I made decisions about what we were going to do. I feel empowered to make a difference in my community.

High-Quality, Fun Adventures

What's so great about the Girl Scout Leadership Experience is that by infusing the processes of girl led, learning by doing, and cooperative learning into activities, you're guaranteeing that girls will have a meaningful, relevant, and fun time.

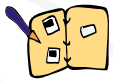
You'll see icons for girl led, learning by doing, and cooperative learning throughout the guide. When you see these icons (which represent the three Girl Scout processes), you'll know which process to emphasize during that activity.

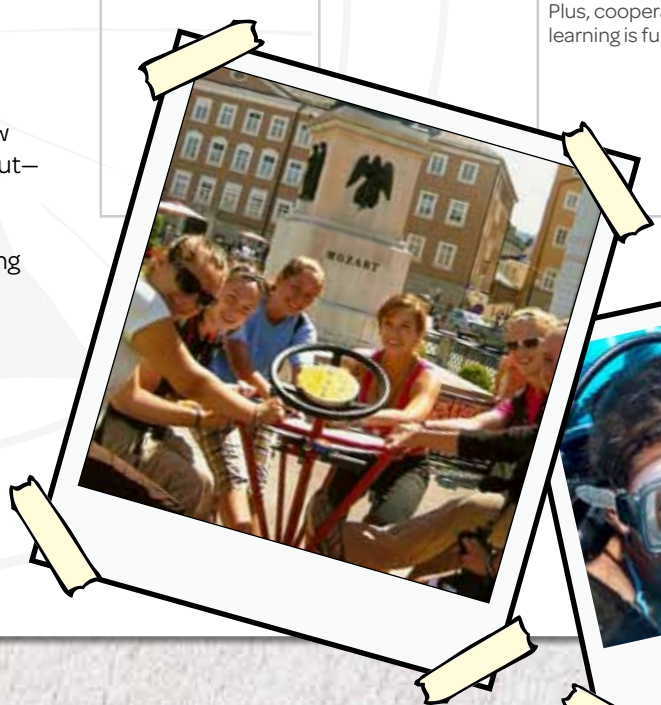
An Open, Inclusive Environment

As you partner with girls, keep in mind that your enthusiasm and support in the travel process are essential to helping girls build confidence and leadership skills.

Start off on the right foot by:

- Creating a safe and open environment for girls to communicate with each other and you.
- Establishing roles. How do you envision your role? How do the girls envision theirs? Encourage girls to give input—make it a two-way conversation.
- Helping girls reach solutions by asking questions. Asking questions will guide them in the right direction.
- Having fun!

Process	What It Means	Why It Works	What It Looks Like
Girl Led 	Girls make decisions and choices about what they do and how they do it.	Girls feel they "own" their group and experiences. They'll also have more fun.	Girls plan, organize, and implement their travel projects with as little supervision as possible.
Learning by Doing	Girls have opportunities for hands-on activities followed by reflection and discussion time.	Girls strengthen their critical-thinking skills and are more likely to apply what they learn to their lives.	Girls reflect on what they're experiencing by journaling and being part of group discussions.
Cooperative Learning	Girls share work towards a common goal as well as knowledge and skills in an atmosphere of respect and cooperation.	Girls build healthy relationships and communicate effectively. This will help in their travel experiences and in other areas of their lives. Plus, cooperative learning is fun!	Girls create a team agreement, reflect, and speak openly and often about how they are functioning as a team. Girls do activities in pairs or small groups. Girls set group goals that can only be achieved through interdependent efforts (e.g., sharing resources, helping).



Welcoming Girls with Disabilities

Girl Scouting embraces girls with many different needs at all age levels, and is guided by a very specific and positive philosophy of inclusion that benefits all: Each girl is an equal and valued member of a group with typically developing peers.

If you're not sure how to accommodate a girl with a disability in any aspect of travel, simply ask the girl and/or her parents or guardians what she needs to make her Girl Scout experience successful. If you are frank and accessible, it's likely they will respond in kind, creating a better experience for everyone.

It's important for all girls to be recognized based on their best efforts—not completion of a task. Give a girl the opportunity to do her best and she will. Sometimes that means changing a few rules or approaching an activity in a more creative way.

Here are two examples:

- Invite a girl to perform an activity after observing others doing it first.
- Encourage the girls to come up with ideas on how to adapt an activity as needed.

Every individual with a disability does not need an adaptation. What counts most is staying flexible and varying your facilitator style.

TripTip:

Set the Right tone
Remember, girls take cues from adults. So, once you're on the road, stay positive. If you're negative about the quality of the tour or cranky about the food, girls will replicate that attitude.

This is a trip of a lifetime. When they look back, will girls remember their lunch was cold or that they climbed the Eiffel Tower? Put it in perspective.