



BC Girl Guides

Travel Challenge



Guides and Pathfinders

This Challenge was created by the BC International Committee.

A special thanks to the youth members of the international
Committee for their valuable input in creating this challenge,
Grace, Lila and Margaret

Girl Guides of Canada-Guides du Canada, British Columbia Council,
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form, or by any means, electronic or mechanical, without prior written consent of the
British Columbia Council is prohibited.

This challenge meets the Girl Guides of Canada DEIA policy.

Some of the authors recently visited Mexico and Nuestra Cabaña. All information about Mexico
comes from an authentic Mexican source.

Navigate Your Way to Travel

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GET READY

Do you wish to plan a trip to a Girl Guide camp in your own province. Maybe you want to visit a different city or town or province. If you are a Pathfinder or a Ranger, you may even wish to travel to a different country. Or maybe you want to plan an imaginary trip.

- 1. Local destination.** This is somewhere close to home. You could choose to visit a Girl Guide camp, or you could reserve a community hall if you want to stay overnight. Is there an area near this location that would be fun to explore? Is it easy to use transit to get to the location that you choose?
- 2. Canadian Destination.** Perhaps you would like to visit somewhere further away but you would like to stay in Canada. You could travel in your own province, or you may even be able to travel to another province.
- 3. International Destination.** This is the big one and it requires much more planning.
- 4. The Challenge.** Choose the activities that are interesting to your unit. You can substitute relevant activities. This challenge can be done at Girl Guide meetings or at a sleepover or a camp. Complete at least six activities to earn your crest.

Traveling anywhere in the world is an amazing experience. Planning ahead will help you to be prepared so that you have a great time with minimal problems.

Passport



If you are traveling outside of Canada, you will need a passport. You also need a passport to complete this challenge.

A real passport will be stamped when you arrive in a new country. It will also be checked at various times when you are preparing to cross a border.

Your passport identifies who you are and where you are from. **Your passport is your key to international travel.**

You need a photo for your passport! The photo is a picture of your head and shoulders. You must look directly into the camera with a neutral expression. No smiles or funny faces are allowed!

Guiders:

Supplies: copies of passport, pages 6 & 7, camera or phone, scotch tape, scissors, pens and stickers or stamps.

Print the passport pages. See below. Youth can fill in the details. Only the name and the date are required.

Guides and Pathfinders each receive a sticker or a stamp for their passport every time they complete a challenge, if appropriate. They can also just print the name of the challenge completed in their passport.

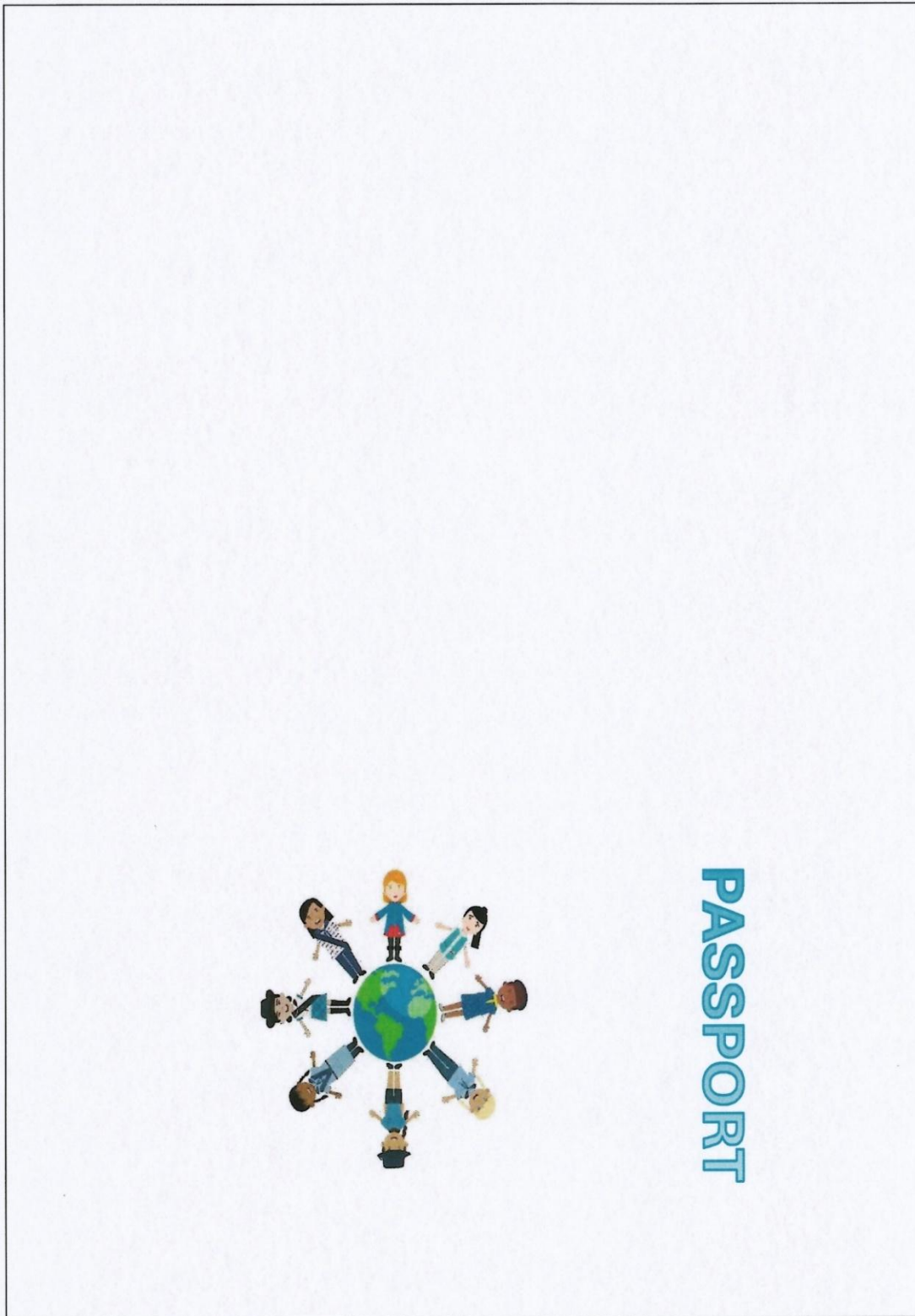
Take photos of each participant with a phone and print them, or use a camera that prints photos, if one is available. Remind youth not to smile. They must look straight at the camera. After the photos are developed, have youth tape photos on the appropriate page in their passport. If any youth (or their family) doesn't want to have a photo taken or if a camera is not available, the Guides or Pathfinders can draw a picture in the photo spot. Stamp their passport or give them their first travel sticker.

Make a passport!

Personal Information: Print your name and the date on your passport. (date of issue)

More information is required on a real passport. All information must be accurate.

You will receive your first sticker or stamp when you complete your passport.



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Language

If you are going to a country where you don't speak the language, you should always try to learn a few words. This is seen as a sign of respect. It allows you to connect with people in a small way.

Guider: Verbally teach the words to the Guides or Pathfinders
Provide a cheat sheet for each patrol to check.

If anyone in your unit speaks other languages, ask them to teach some of those words to the unit.

English

Hello
Good-bye
Good day
Please
Thank you

French

Bonjour
Au revoir
Bonne journée
S'il vous plait
Merci

Spanish

Hola
Adiós
Buenos días
Por favor
Gracias

Learn how to say each word in French and/or Spanish.

Make a circle with your patrol. Practise using the words. The first person will say a word in the language of their choice. The next person will respond using a word with the same meaning in another language. Then it is their turn to say a different word to the person next to them. To make the game a little more exciting, say a word and point to someone who must respond with a word that means the same in a different language.

Once you have memorized the words, try using the French or Spanish words appropriately during your meeting.

Communication is now much easier as most people in tourist areas can use their phones to translate. However, they appreciate you if you can say a few words in their language.

Health

Staying healthy while you travel is important. You need to check things out **ahead of time** so that you will Be Prepared!

Physical Fitness

Ensure that you are fit enough to do fun activities. Travel usually involves lots of walking. Often there are hills and stairs. Sidewalks may be narrow with cracks and high curbs. Not all curbs will have ramps at crossings. Also, you will probably be carrying a daypack with water, snacks and weather appropriate clothing and supplies. (e.g. sun hat, sunglasses and sunscreen or toque, mittens and extra socks or bug spray or a shirt with long sleeves or an umbrella)

Go for a hike. Carry a daypack with the things that you might need. You should have a full water bottle and a snack or a lunch. Other items will depend on the time of year and your destination. Packs should weigh **less than** 4.5 kg. (10 lbs.) Everyone should feel comfortable with the weight of their backpack.

Hike in your neighborhood or explore another part of your town or city. Visit a museum or an art gallery. Hike to a local community event. If possible, include a ride on transit. When you finish, find out if everyone was comfortable with this outing.

Do you think that you might need to improve your fitness level before you travel?

Guiders, ensure that youth are not carrying too much weight. If youth are unsure about the weight of their backpacks, encourage them to carry less weight.

Water, water everywhere but is it safe to drink?

Tap water is unsafe to drink in many countries but bottled water is usually available and inexpensive. Unsafe water may make you feel ill.

Divide Guides or Pathfinders into teams of 2 or 3.

Give each team one of the following statements regarding water safety.
Cut out the statements, fold them and put them in a “hat”. Allow each team to draw a statement.
Give the teams a few minutes to review their points. Ask them to use their creative skills to “advertise” their point. This could be a skit, a jingle, a song, etc.
The teams will present their point to the group.

Boil it, Cook it, Peel it, or Leave it . Can you think of any examples of the types of food that you should boil, cook, peel, or leave?

Always wash your hands before eating and drinking. Use hand sanitizer if soap and water are not available.

Only eat food that has been well cooked and is still hot when served.
Avoid uncooked foods, especially seafood and salads.

Fruits and vegetables that can be peeled are usually a good choice. What would you suggest?

Drink only purified water that has been boiled or disinfected. If you are drinking bottled water, make sure that the seal is intact when you receive it. Carbonated drinks are usually safe.

Avoid ice, unless it has been made with purified water. Always ask.

Brush your teeth with bottled water. Make sure that you rinse your toothbrush with bottled water when you are finished.

Mental Health

Guiders: Initiate a group discussion on this topic. Encourage youth to discuss techniques that they can use if they are sad or lonely on a trip.

Your state of mind is just as important as your physical health when you are traveling. It can be scary to be away from home and your family, especially if you have not done much traveling.

Keep a diary. Read a book. Bring a small stuffy. Talk to someone else that may also appear lonely.

Do a practice trips with the group that you are traveling with. This will help everyone get to know each other better. A sleepover or a weekend trip might be a good idea.

Bring a photo of your family. Connect with family members electronically but make sure that you do this during a Guider approved time. You don't want to miss out on trip activities!

Send a postcard to someone that you are missing.

Try to eat enough, drink enough and sleep enough. Exercise often helps.

If you feel anxious about going on a trip, you can withdraw. Try to do this as soon as possible. You may not be ready and that is okay.

Can you think of anything else that might help?

Travel Clinic

Visit a travel clinic six or more weeks before your trip as you may need vaccinations or medication. They may need time to work. Also, some countries require you to have specific vaccinations before they will allow you to enter. The travel clinic doctor or nurse will be able to tell you about dangerous food, water or other things that may cause you trouble at your destination.

Money

Money and the value of money is different in different countries. It is important to know the difference between the value of Canadian money and the value of the money in the country that you are visiting. Here are two examples but remember that the conversion rate could change.

**Mexico: Each peso is
worth 7 cents Canadian.**

Peso	CAD
20	\$1.40
50	\$3.50
100	\$7.00
200	\$14.00
300	\$21.00
400	\$28.00
500	\$35.00
600	\$42.00
700	\$49.00
800	\$56.00
900	\$63.00
1000	\$70.00

**Each US dollar
Is worth \$1.40 Canadian**

USA	CAD
\$0.75	\$1.00
\$	\$2.00
\$	\$3.00
\$	\$4.00
\$	\$5.00
\$	\$6.00
\$	\$7.00
\$	\$8.00
\$	\$9.00

Provide each Guide or Pathfinder with a copy of the currency converter chart. Complete the USA to CAD currency converter. This can be done as a group. Use a calculator to confirm answers, if needed. Provide pens or pencils. Bring some foreign currency if possible. Check out the similarities and differences.

Keeping a currency conversion chart in your wallet can help you to estimate the cost of items when you are shopping. If the estimated price sounds reasonable, you might want to check the actual amount by using the calculator on your phone.

Learning to convert money from the foreign currency to your own currency ensures that you can keep to your budget so that you don't overspend, or so you don't miss out on a good deal.

Optional Activity: Set up a “store”. Provide a variety of items that have price tags in a foreign currency. Use actual items or pictures of items or simply write the name of items on pieces of paper. The price should not always reflect the value of the object. Guides and Pathfinders will estimate the price in Canadian dollars using the conversion chart. They can decide whether the price is worth the value of the item. You can also use play money in two currencies. Check the Dollar Store, use Monopoly game money or make up your own play money. Cut paper into the shape of a bill and write the amount in dollars, pesos or euros. Use a different colour of paper for the currency from different countries. Youth can “buy” an item in one currency and receive change in another currency.

How to keep your money and other valuables safe

Guiders, discuss this topic with the unit or with the patrols. What ideas do they have, to keep their money and valuables safe. Reassure them that they are not likely to be robbed if they stay together. However, if a thief does grab something, do not chase them.

Do not bring anything of value that you can live without on your trip. This could include jewelry and expensive cosmetics. If necessary, bring less expensive versions. Even pack older clothing. If you run out of room in your luggage, you could leave your old clothes behind. Also, thieves will be less likely to target you. Thieves do hang out in tourist spots. They probably won’t target you, but it is best to be careful.

Credit and debit cards can be used in most cities but there is a cost. However, you or a parent should check this out ahead of time. Always carry some cash in the local currency. Some shops may not take cards. If you do lose a card, let your parent know right away so that they can block the card.

Don’t keep all your money in one place. This ensures that you will still have money if your luggage is delayed or if you drop your wallet. It will also help with your budget. If you only give yourself a certain amount to spend each day, you will be less likely to run out of money later in your trip.

Always keep some money readily available in a pocket or a purse so that you can easily pay for food, buses or souvenirs.

Never hang your purse on a chair. Keep it on your lap or on your shoulder. This prevents you from leaving it behind or from thieves that might try to grab it.

Where can you hide your spare cash? Here are some ideas. Keep some tucked away in your suitcase or inside a sock or a pocket. Keep some money inside your passport. Hide some in your backpack. Bring a lock for your suitcase or for a locker if one is available.

Use a waist belt or a bag that you can hide under your clothing. If you do need to remove money during the day, find a safe place. Make sure that people can't see you remove it from your hiding spot. You can even keep your passport and other documents in these bags but put them in a waterproof bag first to prevent sweat or rain from damaging them.



Make sure that you remember your hiding spots.

FOOD

Trying different kinds of food when you are traveling is an interesting and very important part of the experience. You may not be able to find the food that you normally eat when you travel. This means that you must be willing to try unfamiliar foods. You might find something new that is delicious!

If you have food allergies, take photos of those foods and draw a red line over the pictures. Translate the name of the food into the language of the country that you are visiting. Show them to the cook, not the waiter. The cook will have a better understanding of the ingredients used. They will also be more aware of the significance of dangerous food allergies.



Soy alérgico a los cacahuetes
I'm allergic to peanuts.

Keep the photos and your allergy medication with you so that you are always prepared.

Stockackia/Alamy Stock photo

Find an authentic recipe for the food that you would like to try. Shop for the ingredients and follow the recipe. Share with your unit. If you plan to visit Mexico, you might like to try making Guacamole. Nuestra Cabana has kindly allowed us to share their recipe.

GUACAMOLE

Super easy

■ Cooking time: 15
minuts

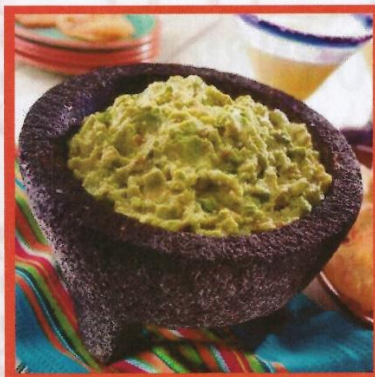
■ Portions: 10



INGREDIENTS

- 3 avocados
- 2 tomatoes
- $\frac{1}{4}$ onion
- $\frac{1}{2}$ lemon
- 1 cilantro
- $\frac{1}{2}$ or 1 serrano

chili



INSTRUCTIONS

- Finely cut everything except the lemon, mash the avocados and add the rest of the ingredients, add the lemon, chili and salt to taste, serve with tortillas (totopos) and tomatoes

Packing Challenge

Guider: Provide a box and a suitcase. The box is for items that should stay at home. The suitcase is for the items needed on a trip. Bring a variety of items or pictures of items to the meeting. If you are preparing for an actual trip, bring the items on the kit list plus items that should not be brought to camp. Mix the items together in one pile

Form relay teams. Team members will grab an item from the pile and put it in the box if it should stay home or in the suitcase if it should be packed. The relay continues until all items are sorted. It isn't a race.

Suggestions for the suitcase: money, a water bottle, sunscreen, insect repellent, a journal and pen, a flashlight and batteries, cards, a fleece or jacket, a change of clothes, a bathing suit or anything else suitable.

Suggestions for the box: Large stuffed toy, jewelry, hair dryer, kitchen cooking supplies, a big box of cereal, a large pillow, a large game, etc.

Afterwards, sort through the items in the box and in the suitcase. Discuss why certain items are needed for travel and others should be left at home.

Meeting other Girl Guides and Girl Scouts

Just as you are curious about your travel destination, the people that you meet will be interested about your home. This is especially true if you are meeting with other Girl Guides and Girl Scouts. Work with your patrol to put together a song, a story or a skit that reflects your town, province, territory or Canada before your trip.

Exchanging SWAPS is universal activity if you are meeting up with Guides or Girl Scouts from other places. Try to come up with ideas for your SWAP (Share with A Pal) that reflects where you are from.

Provide craft items and instructions for SWAPS. Here are some ideas:

[54 Girl Guides SWAPS \(hat traders\) hat crafts ideas | hat crafts, girl guide swap, girl guides](#)

Guides and Pathfinders may also invent their own SWAPS.

Transportation

Getting Lost and Found

What should you do if you are traveling on a bus or a train and discover that your group got off at a different stop and you are alone?

To prevent this from happening, pay attention to the Girl Guide transit rules. Find a buddy and stay with them and your group. Count everyone before entering the bus or train. Count everyone when disembarking. Follow your Guiders' instructions.

Divide the group into teams. Ask them to create and perform skits about what to do and what not to do if they are separated from the group.

Some suggestions:

Get off at the next stop and wait after you notice that you are alone. A Guider will look for you as soon as they realize that you are missing.

If you are at a station, stay at the station. If you are on a street, look for a safe place to wait where you can see the stop. Look for a shop or a place where there are other people, preferably female.

Stay where you are. Do not go anywhere with a stranger that tells you that they will help you.

Phone your Guider. If you don't have a phone, ask a shop keeper to call for you. You should always have copies of your Guiders' phone numbers and the phone number and address of the place where you are staying.

Planning Your Route

Explore your community via transit. If you live in or near a community that offers public transit, take a trip. Meet at a transit hub. Purchase your tickets and go for a ride. Before you go, choose some places that you would like to visit. The first stop could be a park. The second stop might be at an ice-cream shop and the third stop might be where you started. Have the Guides or Pathfinders plan their route. Use a transit schedule or an app to figure out when their ride is due and the name of the stop where they leave the bus or train. If they miss their stop, let them figure out how to get back. Guides and Pathfinders can use phones or paper maps to navigate. Or try both methods.

Activities to try:

1. Learn how to take a public bus to an event.

When and where do you want to go?

What is the name or number of your bus?

How much is the fare?

Do you need to purchase a fare card?

What is the name of the bus stop that you are going to?

How often does the bus run?

What time will it arrive or depart?

Do you need to take more than one bus?

Now use this information to take a bus ride with your unit.

2. Plan a trip using a subway. (or Skytrain)

Use a transit app.

When and where do you want to go?

What station will you start at?

How much is the fare?

Do you need to purchase a fare card?

What is the name of the station that you are going to?

How often does the train run?

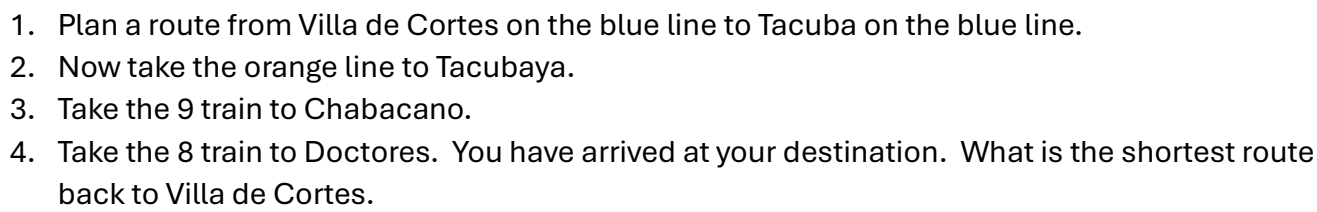
What time will it arrive or depart?

Do you need to take more than one train?

Now use this information to take a subway with your unit.

Subway Challenge

Use the Mexico City Subway map below to find your way:



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Airports

Learn about how airports work. If there is an airport nearby, consider arranging a tour for your unit during a quiet time.

Your Ultimate Airport Guide: A Step-by-Step Journey for Beginners/Airport Guide #english

This is a short video that describes the steps to follow when you are a passenger at an airport. It is very simple and straight forward. It might be useful for Guides or Pathfinders who have never flown before. (Copy and paste the text above)

Planning our transportation routes has become much easier with our devices but it is a good idea to consciously be aware of where you are and where you want to go. Phones may die or break or get lost. Keep them charged and carry a charged battery with you. Practise using a non electronic map now and then. Stay with a travel buddy!

Wi-Fi may not always be available. Download travel information on your phone ahead of time to avoid that problem.

CULTURE

It's important to look at what is and isn't appropriate in the place you are travelling to or visiting. Some restrictions are quite original. Check them out:

You are not allowed to wear a Winnie the Pooh t-shirt in Poland because Winnie the Pooh doesn't wear pants!?

You are not allowed to kiss on train platforms in France. Too many people were missing their trains.

You are not allowed to flush the toilet after 10:00 pm in Switzerland as the noise may disturb others that are sleeping in the same building.

You are not allowed to take a selfie with a Buddha statue in Sri Lanka. It is disrespectful to have your back to Buddha.

You are not allowed to play Monopoly in monasteries in Italy as it is a distraction in a spiritual environment.

We may not always understand why these rules exist, but it is important to respect them!

Some more common rules may forbid you to wear shoes or may require you to cover your hair and shoulders in sacred places. Observe the locals and try to follow their lead.

It is always disrespectful to take photos of people without their permission. Ask parents for permission, if you want to photograph a child. If there is no adult present, don't take their picture.

Choose a country or a place where you would change the way you dress (what would you wear differently?), how to eat (e.g. chop sticks vs a knife and fork), or celebrate a different special day. Share what you discovered with the other patrols.

Here is what you might expect in Mexico. What is/isn't appropriate?

Is	Isn't
Conservative dressing	Calling an adult by their first name without permission
Say Hello or Hola before speaking to someone.	Not treating seniors with respect.
Tying your hair back when cooking	Leaving the table immediately after eating

What can I wear?

Can	Can't (not much in public)
Lightweight clothes	Tank tops
Comfortable walking shoes	Flip flops
Sun and rain protection	Flashy jewelry
	Showing cleavage

What can I eat?

Can	Can't
Churros	Tap water
Pozole	Leafy greens
Tamales	Raw/uncooked meat or fish
Tacos	Juice, unless fresh squeezed
Eat with knife & fork or with your hands	

Mexico's cultural/special days: Cinco de Mayo, Dia de los muertos, Epifania, Navidad and Pascua de Ressurreccion.

Information for Guiders who would like to plan a Girl Guide trip.

Guide age and older members can travel within Canada. Pathfinders and Rangers can travel internationally.

It generally takes a minimum of 18 months to 2 years to plan an international trip of greater than 72 hours.

Read the appropriate section in Safe Guide before you commit to planning a trip. Check out the planning guides in Section 4 of Safe Guide. The trips offer very valuable experiences to our youth and to our adult members.

Learn about fundraising. Cookie sales are very lucrative and are necessary but other fundraisers are also important.

Find out if any Guiders in your area have recently led a Canadian or an International Girl Guide trip. We love to help each other.

Join the “GGC-International Facebook” site.

Check out the BC Girl Guides Travel Information: [Travel - International and Within Canada - International Travel](#)

The following Government publications will help you to plan your trip.

Government of Canada Travel and Tourism Travel information for travel outside of Canada

[Bon voyage, but... Essential information for Canadian travellers - Travel.gc.ca](#)

Travel.gc.ca Travel information on traveling to, from and within Canada

I Declare [Guide for residents returning to Canada](#)

Order your Crests from BC GIRL GUIDES (\$5.00 each)

https://www.girlguides.ca/web/BC/Girl_Engagement/BC_Challenges/BC/Camping/Camping_Challenges.aspx

Girls First Program Connections

The Girls First Program is girl driven and designed to be highly flexible and agile.

We encourage you to visit the digital platform to best determine how this challenge fits into the Program Areas and Themes. You may want to start by exploring the following Program Areas:

Global Guiding

Our Story

Spirit of Guiding

World Stage

Local Communities

Canadian Connections

This is not a comprehensive list. You can apply your activities to the Girls First program as you see fit.