

Important info:

Unit Meeting place: _____
Meeting times and day: _____

Guiders name: _____
Tel: _____
Mob: _____

Guiders name: _____
Tel/Mob: _____

Guiders name: _____
Tel/Mob: _____



The official G-file can be bought from Girlguiding UK

This book is our low cost alternative to the GFile produced for/by 2nd Kingsbridge Guides and is not intended to replace the official GFile. Download additional FREE PDF copies of this booklet to print out yourself @ www.2ndkingsbridgeguides.org.uk. If you like our book and use it with your Guides - please share it with other Guiders. Design / artwork by Vicky Smith. Updated Sept. 2014

Pocket Gfile

Name _____

Unit _____

A pocket sized
Guide Record Book
Updated September 2014

How Guides began...



Early Girl Guides

Scouting was formed in 1928 and there are now Guides in 144 countries!

Find out if anyone in your family used to be a guide and what it was like.

Scouting began in 1908 after Lord Robert Baden-Powell published his book 'Scouting for Boys' it was very popular and girls also wanted to join.

Baden-Powell started Guides in 1910 so that girls could do the same exciting things that the Scouts were doing. His wife Olave Baden-Powell became World Chief Guide in 1930.

The World Association of Girl Guides and Girl Scouts



Lady Olave Baden Powell

W.A.G.G.S... is the World Association of Girl Guides and Girl Scouts has over 10 million members all around the world!

World Thinking Day

The 22nd February is when we celebrate Thinking Day. This was the joint birthday of Lord Robert Baden Powell and Lady Olave Baden Powell. On this day we think about all the Guides around the world, send greetings to Guiding friends and raise money for the Thinking Day fund which helps World Guiding wherever the need is greatest.



The Guide Promise

I promise that I will do my best:
To be true to myself and develop my beliefs,
To serve the Queen and my community,
To help other people and
To keep the Guide Law.



Promise Badge

The Guide Law

1. A Guide is honest, reliable and can be trusted.
2. A Guide is helpful and uses her time and abilities wisely.
3. A Guide faces challenge and learns from her experience.
4. A Guide is a good friend and a sister to all Guides.
5. A Guide is polite and considerate.
6. A Guide respects all living things and takes care of the world around her.



Guide Sign (Right Hand)

The Motto: Be Prepared

The initials of Be Prepared - B.P. are the same as those of Lord Baden Powell (known as B.P.) The founder of the Guides and Scouts.

The Handshake...



Guides and Scouts all over the world shake hands with their LEFT hand. Robert Baden Powell the founder of Scouting and Guiding introduced this. It is used by the Ashanti Tribe in West Africa as a sign of Brotherhood and Friendship.



What is Guides all about?

Well, think of... fun, friends, adventures, going away, helping people out, new experiences, learning new skills, having a say and making a difference... and you'll get the idea!

Being a Guide means being a team player.

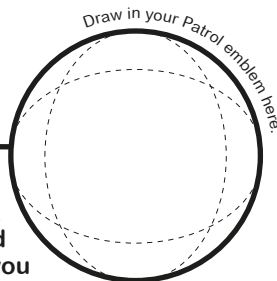
You're a member of a Patrol, a Unit, and also the largest female voluntary organisation in the world.

You'll make new friends, try things you have never even thought of doing, and basically have a really good time!



At Guides you'll be a member of a Patrol, that's a group of between 4 - 8 Guides. You'll spend time planning and doing activities together. Everyone is important in a Patrol!

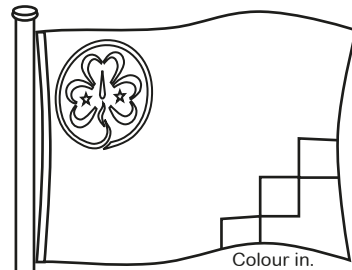
My Patrol is:



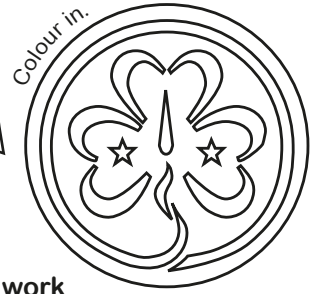
Write your Patrol name here.

You will help choose your Patrol Leader and Second. They need to be well organised and enthusiastic Guides who you can all get on with!

Patrol Leader:	Tel
Patrol Second:	Tel
Name:	Tel
Name:	Tel
Name:	Tel
Name:	Tel
Name:	Tel
Name:	Tel



World Flag and Badge



The new World Flag was introduced in 1991. Some Units may still carry the old one.

Use this information to work out how to colour in the flag and badge...

Colours: The blue background and golden yellow 'trefoil' badge represent the sun shining down on all the children of the world.

The **white** corner of the flag is a symbol of world-wide peace which all Guides and Girl Scouts work for in their families, communities and the wider world.

The parts of the badge have special meanings....

The vein is like 'compass needle' pointing the way.

Two stars represent the Guide Promise and Law.

The flame symbolises love for all the people in the world.

The three leaves of the trefoil and the **three gold squares** on the flag are the three parts of the Promise:

To our beliefs and our country,

To help other people and the Guide Law.

The round flowing boarder represents: a worldwide and growing movement.

Guides might use their flag at meetings or at camp. Can you learn how to correctly fold and hoist the flag? Ask your Guider or Patrol Leader to show you how.



Camps and Holiday Record

Keep a record of any events that you go to. It's nice to remember, and they will also count towards badges and awards.

Dates	Event (Camp, holiday, training, hike etc)

If you enjoy camping and think you could run a Patrol Camp ... find out about the Patrol Camp Permit (you need to be at least 12 years old and hold the Advanced Camper badge)



Interest Badges

These are badges that you can do at Guides OR at home. Find out what to do online at:

www.girlguiding.org.uk/guides

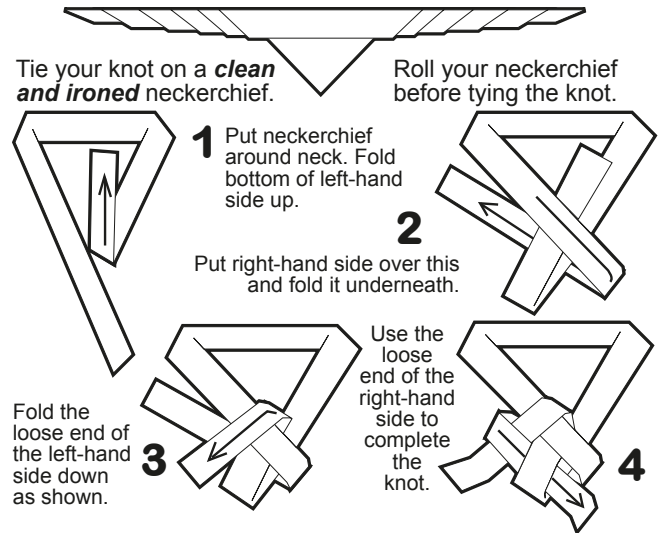
- | | |
|---|--|
| Active Response <input type="checkbox"/> | Independent Living <input type="checkbox"/> |
| Agility <input type="checkbox"/> | Interpreter <input type="checkbox"/> |
| Animal Active <input type="checkbox"/> | Music Group <input type="checkbox"/> |
| Camper <input type="checkbox"/> | Music Zone <input type="checkbox"/> |
| Advanced Camper <input type="checkbox"/> | Outdoor Cook <input type="checkbox"/> |
| Chocolate <input type="checkbox"/> | Outdoor Pursuits <input type="checkbox"/> |
| Circus Skills <input type="checkbox"/> | Party Planner <input type="checkbox"/> |
| Communicator <input type="checkbox"/> | Performing Arts <input type="checkbox"/> |
| Community Action <input type="checkbox"/> | Personal Safety <input type="checkbox"/> |
| Confectioner <input type="checkbox"/> | Science <input type="checkbox"/> |
| Cook <input type="checkbox"/> | Sports <input type="checkbox"/> |
| Craft <input type="checkbox"/> | Survival <input type="checkbox"/> |
| Culture <input type="checkbox"/> | Team Leader <input type="checkbox"/> |
| Discovering Faith <input type="checkbox"/> | Team Player <input type="checkbox"/> |
| Film Lover <input type="checkbox"/> | Traditions of Guiding <input type="checkbox"/> |
| Find Your Way <input type="checkbox"/> | Water Safety <input type="checkbox"/> |
| Fire Safety <input type="checkbox"/> | World Cultures <input type="checkbox"/> |
| First Aid <input type="checkbox"/> | World Guiding <input type="checkbox"/> |
| Healthy Lifestyles <input type="checkbox"/> | World Issues <input type="checkbox"/> |
| Hobbies <input type="checkbox"/> | World Traveller <input type="checkbox"/> |
| Holiday <input type="checkbox"/> | |

Guide Uniform

So that you feel that you belong to Guides we have a range of Guide t-shirts, hoodies, sweatshirts etc. When we all wear the same clothes we feel like we belong and we are all equal, we should feel smart and proud to be Guides.

Neckerchief and Friendship Knot

Some Guides wear a neckerchief, this is a good way to tie it, or you can use a woggle. The shape of the knot represents the trefoil shaped Guide logo and is a sign of the friendship of Guiding.



Tie your knot on a **clean and ironed** neckerchief.

Roll your neckerchief before tying the knot.

1 Put neckerchief around neck. Fold bottom of left-hand side up.

2 Put right-hand side over this and fold it underneath.

3 Fold the loose end of the left-hand side down as shown.

4 Use the loose end of the right-hand side to complete the knot.

The knot might need a bit of adjusting before you pull it tight to get a nice shape. To save time keep the knot tied - put on and take off your neckerchief by putting it over your head!

Challenge Badge

Completed on: _____



I'm in: _____

Patrol

Go For It!

Challenges that I completed...

1. _____

2. _____

Activities away from our meeting place:

Date: _____ Where we went: _____

What we did : _____

Date: _____ Where we went: _____

What we did : _____

Community Action:

Date: _____ Activity: _____

How it helped: _____

Favourite Guiding Activity:

I talked to my Patrol on: _____

All about the Challenge Badges



Every year at Guides you will work towards a Challenge Badge.

This is what you need to do over a 12 month period:

1. Be a reliable member of a patrol, sign and keep your Guide units 'Guidelines'.
2. Complete at least two Go For Its! with your Patrol.
3. Complete two activities outside your meeting place.
4. Take part in a community activity, doing something for somebody else.
5. Discuss with your Patrol what your favourite Guiding experience has been over the last 12 months.

Each year, as you get older you will need to try take more responsibility in you Patrol for planning and organising activities for Go For It's.



After you've been a Guide for a few years it's time to find out about the Baden-Powell Challenge Award.

Taps

Taps is the song that we sing at the end of Guide meetings and events

Day is done, Gone the sun, From the
sea, from the hills, from the sky. All is
well, Safe -ly rest, Friends good -bye.

**Day is done, Gone the sun,
From the sea, From the hills, From the sky.
All is well, Safely rest, Friends goodbye*.**
(Alternative endings * God / Peace is night)

Daylight Taps

Thanks and praise for our days,
'Neath the sun, 'Neath the stars, 'Neath the sky.
As we go, this we know, God / Peace* is high.
* you choose the ending right for you.

If a Guide event finishes during the daytime you will sometimes sing the 'daylight' version.

The word 'Taps' comes from the early days of the American army. At the end of the day the drummer would tap on his drum so that the soldiers knew it was time to go to bed for the night. Even when the army replaced the drum with a bugle call, the name still stuck. There are other verses for Taps, why not search online!

Challenge Badge



Completed on: _____

I'm in: _____

Go For It!

Challenges that I completed...

Patrol

1. _____

2. _____

Activities away from our meeting place:

Date: _____ Where we went: _____

What we did : _____

Date: _____ Where we went: _____

What we did : _____

Community Action:

Date: _____ Activity: _____

How it helped: _____

Favourite Guiding Activity:

I talked to my Patrol on: _____

Challenge Badge



Completed on: _____

I'm in: _____

Go For It!

Challenges that I completed...

Patrol

1. _____

2. _____

Activities away from our meeting place:

Date: _____ Where we went: _____

What we did : _____

Date: _____ Where we went: _____

What we did : _____

Community Action:

Date: _____ Activity: _____

How it helped: _____

Favourite Guiding Activity:

I talked to my Patrol on: _____

Challenge Badge



Completed on: _____

I'm in: _____

Go For It!

Challenges that I completed...

Patrol

1. _____

2. _____

Activities away from our meeting place:

Date: _____ Where we went: _____

What we did : _____

Date: _____ Where we went: _____

What we did : _____

Community Action:

Date: _____ Activity: _____

How it helped: _____

Favourite Guiding Activity:

I talked to my Patrol on: _____