



# VOYAGER

## Achievement Class



Youth Ministries Department of the Seventh-day Adventist® Church

Curriculum  
Requirements &  
**Developed Resources**

# PATHFINDER CLUB

## VOYAGER WORKBOOK



VOYAGER NAME:

TEACHER:

YEAR:

# Voyager Contents / Requirement Sheet



## GENERAL (pgs. 5 - 12)

Requirement	(✓)	Date	Signature
1. Be <b>14</b> years old or in Year 10 or in its equivalent.			
2. Through memorisation and discussion, explain the meaning of the Adventist Youth Pledge			
3. Be an active member of the Pathfinder Club.			
4. Select and read <b>Three</b> books of your choice from the Teen Book Club List.			

## SPIRITUAL DISCOVERY (pgs. 13 - 19)

Requirement	(✓)	Date	Signature
1. Study the personal work of the Holy Spirit as it relates to mankind, and discuss His involvement in spiritual growth.			
2. By study and group discussion increase your knowledge of last day events that led up to the second advent.			
3. Through study and discussion of Bible evidence, discover the true meaning of Sabbath keeping.			
4. Have a current Memory Gem Certificate.			

## SERVING OTHERS (pgs. 20 - 22)

Requirement	(✓)	Date	Signature
1. As a group or individually, invite a friend to at least one of your church or conference Teen/Youth Fellowship activities.			
2. As a group or individually, help organise and participate in a project of service to others.			
3. Discuss how a Christian Adventist youth relates to people in every-day situations, contacts and associations.			

## FRIENDSHIP DEVELOPMENT (pgs. 23 - 26)

Requirement	(✓)	Date	Signature
1. In group discussion and by personal inquiry examine your attitudes toward <b>two</b> of the following topics: <i>a. Self-Concept                      b. Human Relationships - Parents, Family, and Others.</i> <i>c. Earning and Spending Money.      d. Peer Pressure.</i>			
Topic 1:			
Topic 2:			
2a. List and discuss the needs of the handicapped			
2b. Help plan and participate in a party for them.			



## Voyager Contents / Requirement Sheet

### HEALTH AND FITNESS

(pgs. 27 - 30)

Requirement	(✓)	Date	Signature
Choose and complete any <b>two requirements</b> from the Temperance Honour.			
i.			
ii.			
1. Organize a Health Party. Include health principles, talks, displays, etc.			

### ORGANIZATION AND LEADERSHIP DEVELOPMENT

(pgs. 31 - 39)

Requirement	(✓)	Date	Signature
1a. Discuss and prepare a flow chart on local church organization			
1b. List the departmental functions.			
2. Participate in local church programs on two occasions each, in two departments of the church.			
Programme 1: Dept:			
Programme 2: Dept:			
3. Fulfil Requirements 3, 5, and 6 of the Stewardship Honour			
Requirements 3			
Requirements 5			
Requirements 6			
4. Complete the Drilling and Marching Honour			

### NATURE STUDY

(pgs. 40 - 42)

Requirement	(✓)	Date	Signature
1. Review the story of Nicodemus and relate it to the life cycle of the butterfly, <b>OR</b> draw a life-cycle chart of the caterpillar giving the Spiritual significance.			
2. Complete a Nature Honour not previously earned.			



# Voyager Contents / Requirement Sheet



## OUTDOOR LIFE

(pgs. 43 - 49)

Requirement	(✓)	Date	Signature
1a. With a party of not less than four, including an experienced adult counsellor, hike 25 kms in a rural wilderness area, including one-night in the open or in tents. The expedition planning should be a joint effort of the party and all food needed should be carried.			
1b. From notes taken, participate in a group discussion led by your counsellor, on the terrain, flora and fauna, as observed on the hike.			
2. Complete <b>one</b> Recreational honour not previously earned.			
3. Past a test in Voyager First Aid.			

## LIFESTYLE ENRICHMENT

(pg. 50)

Requirement	(✓)	Date	Signature
1. Complete <b>one</b> Honour, not previously earned, in Outreach Ministries, <b>OR</b> Health and Science, <b>OR</b> Household Arts, <b>OR</b> Outdoor Industry, <b>OR</b> Vocational categories			



## Personal Details

Paste your photo here

My Name is.....

My Address is .....

Email address.....

My Date of Birth is .....

I am ..... years old.

I confirm that I am an **ACTIVE MEMBER** of my Pathfinder Club. I make regular financial contributions and I have participated in at least 75% of club activities.

Club Member Signature \_\_\_\_\_ Date \_\_\_\_\_

Pathfinder Leader Signature \_\_\_\_\_ Date \_\_\_\_\_

# Pathfinder Aim

The Advent Message to All the World in My Generation.

## Pathfinder Motto

“The Love of Christ Constrains Me”

### Pathfinder Pledge

By the grace of God,  
I will be pure,  
I will be kind,  
I will be true  
I will keep the Pathfinder Law  
I will be a servant of God  
I will be a friend of man

### Adventist Youth Pledge

Loving the Lord Jesus,  
I promise to take an active part  
In the work of the Adventist Youth Society  
Doing what I can to help others  
And to finish the work of the gospel  
In all the world

#### Meaning of the pledge:

##### **By the grace of God.**

Only as we rely on God to help us can we do His will.

##### **I will be pure**

I will fill my mind with everything that is right and true and spend time in activities that will build a strong, clean character.

##### **I will be kind**

I will not only be considerate and kind to my fellow men, but also to all of God's creation.

##### **I will be true**

I will be honest and upright in study, work, and play; and can always be counted upon to do my very best.

##### **I will keep the Pathfinder Law**

I will seek to understand the meaning of the Law and will strive to live up to its spirit, realizing that obedience to law is essential in any organization.

##### **I will be a servant of God**

I will pledge myself to serve God first, last, and best in everything I am called upon to be or do.

##### **I will be a friend to man**

I will live to bless others and do unto them as I would have them do unto me.

# Pathfinder Law

The Pathfinder Law is for me to:

Keep the morning watch  
Do my honest part  
Care for my body  
Keep a level eye  
Be courteous and obedient  
Walk softly in the sanctuary  
Keep a song in my heart  
Go on God's errands

## Meaning of the Law:

### **Keep the Morning Watch.**

I will have prayer and personal Bible Study each day.

### **Do my honest part.**

By the power of God, I will help others and do my duty and my honest share wherever may be.

### **Care for my body.**

I will be temperate in all things and strive to reach a high standard of physical fitness.

### **Keep a level eye.**

I will not lie, cheat, or deceive and will despise dirty talk or evil thinking.

### **Be courteous and obedient.**

I will be kind and thoughtful of others, reflecting the love of Jesus in all my association with others.

### **Walk softly in the sanctuary.**

In any devotional exercise I will be quiet, prayerful, and reverent.

### **Keep a song in my heart.**

I will be cheerful and happy and let the influence of my life be as sunshine to others.

### **Go on God's errands.**

I will always be ready to share my faith and go about doing good as did Jesus.



# Memorise, Discuss and Explain the Meaning of the Adventist Youth Pledge



You will need to have a discussion with your class teacher. Demonstrate your understanding by participating in one of the following: Role-Play. Panel Discussion, Essay or a Project of your choice i.e. drawings, pictures, diagrams, or any other form or cut-out.

Brief Report On the group discussion:

Explain the **Meaning** of the Adventist Youth Pledge and **Relevance**. It would be helpful to compare the Youth Pledge with the Pathfinder Pledge



Please insert all supporting evidence i.e. photos, worksheets etc.

# BOOK CLUB CERTIFICATE

[Compulsory Requirement]



1. Pathfinders are to read a minimum of 4 books every year. One book must be from each of the following categories:
  - a) Missions
  - b) Autobiography
  - c) Nature of Science
  - d) One book of personal choice (excluding fiction e.g novels, etc)
2. Juniors are to read a minimum of 40 pages.
3. Teens are to read a minimum of 80 pages.
4. Pathfinders must inform their Club Leaders/Counsellors about the choice of books BEFORE commencing to read so that the category of book and suitability can be decided upon. Club Leaders may choose to have a collection of books as reference but Pathfinders may have books at home that will fall into the categories listed above.
5. Upon completion, Pathfinders must prepare a summary of what they have read to include:
  - Title of Book
  - Author
  - Publisher and Year Published
  - Paraphrased, bulleted points or outline of main events or ideas.
6. Reports should be a minimum of 80 words for Juniors and 120 words for Teens, completed in their own time.
7. The Pathfinder and the Club Leader/Counsellor must date and sign each completed Book Club Certificate Report (sample Report in Leaders Book – copy as required).
8. The completed work must be kept in the Pathfinder's folder for inspection at the Evaluation Day.

**Book Club Certificate – Report Form**  
[Compulsory Requirement]



**Name**..... **Age** .....

**Book Title** .....

**Book Category**..... **Date(s) Read** .....

**Author** ..... **ISBN No** .....

**Publisher** ..... **Year Published** .....

**Report:**

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**Signed:** ..... **Date:** .....

[Pathfinder]

**Signed:** ..... **Date:** .....

[Club Leader/Counsellor]

**Book Club Certificate – Report Form**  
[Compulsory Requirement]



**Name**..... **Age** .....

**Book Title** .....

**Book Category**..... **Date(s) Read** .....

**Author** ..... **ISBN No** .....

**Publisher** ..... **Year Published** .....

**Report:**

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**Signed:** ..... **Date:** .....  
[Pathfinder]

**Signed:** ..... **Date:** .....  
[Club Leader/Counsellor]

**Book Club Certificate – Report Form**  
[Compulsory Requirement]



**Name**..... **Age** .....

**Book Title** .....

**Book Category**..... **Date(s) Read** .....

**Author** ..... **ISBN No** .....

**Publisher** ..... **Year Published** .....

**Report:**

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**Signed:** ..... **Date:** .....  
[Pathfinder]

**Signed:** ..... **Date:** .....  
[Club Leader/Counsellor]

# Spiritual Discovery



*The aim of this section is to discover the centrality of the Gospel in three of the major Christian Doctrines.*

- 1. Study the personal work of the Holy Spirit as it relates to mankind, and discuss His involvement in spiritual growth.**



You will need a **BIBLE** for this requirement.

***Using the scripture passages from John, make up an outline on the Holy Spirit's particular work as Christ's Ambassador to the earth. (See John 14:6; 16:7-15.)***

**Use the form as outlined below as the guide in studying the scripture passages.**

**The Holy Spirit**

**Ambassador to Planet Earth**

**Titles:**

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

**Sent By:**

\_\_\_\_\_

**In the Name Of:**

\_\_\_\_\_

**Special Duties:**

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



**Read Romans chapter 8, in any modern translation, and mark the texts that show how God the Father, Jesus and the Holy Spirit, work as a team to provide salvation and freedom for all of mankind.**

Use the chart below to briefly record your discoveries:

FATHER	SON	HOLY SPIRIT



**In what way is the doctrine about the Holy Spirit, “Good News”?**



Please insert all supporting evidence i.e. photos, worksheets etc.

## **2. By study and group discussion increase your knowledge of the last-day events that lead up to the second advent.**

You are part of the editorial staff of the "Advent News". Together with your class decide the aims and objectives of your newspaper, as well as the kind of topics you want to cover.

*Example:* Who's Coming Back and Why?  
Signs of the Advent  
Preparing for the Advent

Consider:

1. Preparing a report on an interview with the church Pastor about getting ready for
2. the Advent.
3. A centre spread may be developed on Daniel 2
4. A collection of promises made by Jesus Himself about His return; a list of Second Advent, parables, etc.

Recommended Sources:

- Daniel 2
- Christ's Object Lessons (E.G White)
- Last Day Events (E.G White)



Please insert all supporting evidence i.e. photos, worksheets etc.



### 3. Through study and discussion of Bible evidence discover the true meaning of Sabbath keeping.



**Discuss with your class the following questions:**

1. Why do we keep the 7th day as a Sabbath?
2. Why do we keep it in the way we do?
3. What are the special blessings we can expect to receive from keeping holy the Sabbath?
4. What sort of activities should we allow ourselves to engage in on the Sabbath?
5. How can we be more creative in our approach to Sabbath keeping?



Please insert all supporting evidence i.e. photos, worksheets etc.



**SABBATH TIME LINE**

THE SABBATH	IN EDEN	BEFORE SINAI	AT MT. SINAI	AS ISAAH SAW IT	AS EZEKIEL SAW IT	AS JESUS UNDERSTOOD IT	AS THE DISCIPLES KEPT IT	AS THE APOSTLES & EARLY CHRISTIANS KEPT IT	IN ETERNITY
<b>BIBLE REFERENCE</b>	Genesis 2:2,3	Exodus 14:4 Exodus 16:26-28	Exodus 31:13 Deut. 7:8,9 Exodus 31:17	Isaiah 58:13	Ezekiel 20:12 Ezekiel 20:20	Mark 2:27 Luke 4:16-19 Luke 23:50-56 Luke 24:1-8	Luke 23:56	Acts 13:44	Isaiah 66:22,23
<b>MEANING OR PURPOSE</b> <i>To be filled in by the Voyager Class.</i>									



## 4. Hold a current Memory Gem Certificate



You will need a **BIBLE** for this requirement.



Memorise 7 bible texts – ONE from each of the seven categories below  
(You may use whichever version of scripture you wish)

VOYAGER CLASS		
<b>I. GREAT PASSAGES</b>	<b>II. SALVATION</b>	<b>III. DOCTRINE</b>
1. Jeremiah 15:16 2. I Timothy 2:15 3. Genesis 2:2,3 4. Option _____	1. Matthew 11:28-30 2. John 17:3 3. John 15:5,7 4. Matthew 10:32,33 5. Matthew 4:19 6. Option _____	1. Hebrews 11:3 2. Revelation 14:6-14 3. John 6:40 4. Revelation 21:1-4 5. Exodus 20:8-11 6. Option _____
<b>IV. PRAYER</b>	<b>V. RELATIONSHIPS</b>	<b>VI. BEHAVIOUR</b>
1. Mark 11:25 2. I John 5:14,15 3. Matthew 21:22 4. Option _____	1. I Corinthians 13 2. Hebrews 10:24-25 3. Galatians 6:1,2 4. Matthew 11:28-30 5. Option _____	1. Galatians 5:22,23 2. Micah 6:8 3. Isaiah 58:13 4. Matthew 5:8 5. Option _____
<b>VII. PROMISES/PRAISE</b>		
1. Romans 8:28 3. Psalms 15:1,2 5. Psalms 91:1-6	2. Psalms 103:1-5 4. Matthew 24:44 6. Option _____	

Write your 7 chosen bible texts below:

1. Great Passages..... Signature\_\_\_\_\_
2. Salvation..... Signature\_\_\_\_\_
3. Doctrine..... Signature\_\_\_\_\_
4. Prayer..... Signature\_\_\_\_\_
5. Relationships..... Signature\_\_\_\_\_
6. Behaviour..... Signature\_\_\_\_\_
7. Promises/Praise..... Signature\_\_\_\_\_

**Write a brief explanation of each Text Memorised in the box.**



1. Great Passages Text:	2. Salvation Text:	3. Doctrine Text:
4. Prayer Txt:	5. Relationships Text:	6. Behaviour Text:
7. Promises/Praise Text:		

# Serving Others



*The aim of this section is to create opportunities for the Voyager to be of service to others, and to model Christ's love and care.*

## 1. As a group, or individually, invite a friend to at least one of your church or conference teen/youth fellowship activities.



In discussion with your group, plan activities that you can invite a friend to participate in.

The following areas can be considered, along with your own ideas:

- Advent Youth Society Meetings (AYS)
- Sabbath School / 13<sup>th</sup> Sabbath
- Youth Days / Fellowship Days / Children's day
- Recreational Activities
- Pathfinder Club Activities
- Teen Camps
- Parties

**Date:** \_\_\_\_\_ **Event:** \_\_\_\_\_



**Visitors Name:**

\_\_\_\_\_

Describe the event/activity that you invited your friend to. *Did they enjoy it? How could you have made their experience better?*



Please insert all supporting evidence i.e. photos, worksheets etc.



## 2. As a group or individually, help organize and participate in a project of service to others.



This could be any program including AYS, Sabbath School, Children's Day, Health Program or a Community Service Program or the Hyland House annual school fete.

Consider: taking an active role within a church department, participating in church cleaning, visiting shut-ins, assisting in kindergarten/primary sabbath school or presenting a children's story.

Write a summary of your project in this space

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



Brief Planning Notes:

Brief Report on your participation:



Please insert all supporting evidence i.e. photos, worksheets etc.

**3. Discuss how a Christian Adventist youth relates to people in every-day situations, contacts and associations.**



Discussion notes:



Please insert all supporting evidence i.e. photos, worksheets etc.

# Friendship Development



1. In group discussion and by personal inquiry examine your attitudes toward **TWO** of the following topics:

- A. Self-concept.      B. Human Relationships - Parents, Family & Others.**  
**C. Earning and Spending Money.      D. Peer Pressure.**



Your teacher will lead the discussion/exploration of your chosen topics.



Write a summary of your discussions in this space.

Topic 1:

Topic 2:



Please insert all supporting evidence i.e. photos, worksheets etc.



2. **List and discuss the needs of the disabled, and help plan and participate in a party for them.**



Arrange a meeting with the Special Needs Advisor of your church.  
Or Visit appropriate websites:

Write a summary of your **findings/discussions** about the NEEDS of the disabled. Alternatively, you may also present your findings in the form of a presentation or poster.



Please insert all supporting evidence i.e. photos, worksheets etc.

## Help plan and participate in a party for the Disabled.



Arrange a meeting with the Special Needs Advisor of your church.  
Or Visit appropriate websites:

Write a summary of your **Plans** for the party for the disabled. Alternatively, you may also present your findings in the form of a presentation or poster.



Please insert all supporting evidence i.e. photos, worksheets etc.

## Help plan and participate in a party for the Disabled.



Arrange a meeting with the Special Needs Advisor of your church.  
Or Visit appropriate websites:

Write a **report of the event** you planned for the disabled. Alternatively, you may also present your findings in the form of a presentation or poster.



Please insert all supporting evidence i.e. photos, worksheets etc.

# Health and Fitness



*The aim of this section is to provide creative learning experiences in the maintenance of good health and temperance principles.*

## 1. Choose and complete any two requirements from the temperance honour.



Your teacher will supply you with the honour requirements.

Completion Plan for chosen **Temperance Requirement 1:**



Brief Summary of your work:



Please insert all supporting evidence i.e. photos, worksheets etc.



Completion Plan for chosen **Temperance Requirement 2:**



Brief Summary of your work:



Please insert all supporting evidence i.e. photos, worksheets etc.



## 2. Organize a health party. Include health principles, talks, displays, etc



Arrange a meeting with the Health and Temperance department of your church. They will assist you in gathering information about a healthful diet or alternatively you can participate fully in a Health and Temperance Day.

Determine how many people you want to cater for.

1. What will the age group be? You may like to organize a party for a group of local children, or your school friends, your younger brother or sister's birthday, the senior citizens who never get out of their homes. There is a wide scope for the type of party and who you will invite to it.

2. Will the party include a formal meal or a buffet meal?

3. Choose your colour scheme: The colour scheme can be shown in your choice of napkins, place mats, invitations, or in your choice of dishes, whether it be china, glass, wood or pottery. If it is a casual buffet style meal, in the colour of paper plates and cups used.

4. Choose the menu according to the type of people you are having at your party, also whether it is a formal or buffet meal and according to the weather, hot or cold.

5. Give yourself plenty of time for the planning and preparation of your party and invite a friend or friends to assist you if you feel the need.  
Remember that the ideal of this party is to show your guests how attractive and palatable a healthful diet can be.

### Health Party Plan



## Brief REPORT of the Health Party Event



Please insert all supporting evidence i.e. photos, worksheets etc.

# Organisation and Leadership Development



*The aim of this section is to provide the Voyager with a concept of Church organization, its relationship to him personally, and the opportunities for involvement.*

- 1. Discuss and prepare a flow chart on local church organization, and list the departmental functions.**



You might need the church manual for this, alternatively interview the department leaders at your church.

*Paste / draw the flow chart here.*





You might need the church manual for this, alternatively interview the department leaders at your church.

*List the departments and their functions they perform.*



Please insert all supporting evidence i.e. photos, worksheets etc.

2. Participate in local church programs on two occasions each, in two departments of the church.



**Name of Event 1:**

**Department:**

Place:

Date:



Write a summary of the event you assisted in:

A large, empty rectangular box with a black border, intended for writing a summary of the event.



Please insert all supporting evidence i.e. photos, worksheets etc.



**Name of Event 2:**

**Department:**

Place:

Date:



Write a summary of the event you assisted in:



Please insert all supporting evidence i.e. photos, worksheets etc.

### 3. Fulfil requirements 3, 5, and 6 of the Stewardship Honour.



#### **Objective**

*An understanding of a Christian's relationship for his time and money is essential for strong church leadership.*

#### **Requirement 3:**

Learn what is done with the tithe in your local church, your local conference, your union, and the General Conference (Division).



A presentation by your church treasurer or conference personnel is a good way to find out. A visit to your local conference office for a get-acquainted tour might also be a good idea.

Write your explanation here:



Please insert all supporting evidence i.e. photos, worksheets etc.

**Requirement 5:**

Keep a chart on how you spend your time for one weekend and one week day. In the chart, make a list of how much time you spend in the following areas.

For each day, be sure your time adds up to 24 hours.

**Week Day**

Activity	Time Spent	Activity	Time Spent
a. Work for pay		k. Personal needs	
b. Family time		l. Class time	
c. Personal devotions		m. School study	
d. Public worship		n. Travel	
e. Family worship		o. Music Lessons	
f. Fun things		p. Music Practice	
g. Reading		q. Home chores	
h. Television		r. Shopping	
i. Meals		s. Etc. (Specify)	
j. Sleep			

Total Time: \_\_\_\_\_ hrs

.



## Weekend – Sabbath and Sunday (2 days)

Activity	Time Spent	Activity	Time Spent
a. Work for pay		k. Personal needs	
b. Family time		l. Class time	
c. Personal devotions		m. School study	
d. Public worship		n. Travel	
e. Family worship		o. Music Lessons	
f. Fun things		p. Music Practice	
g. Reading		q. Home chores	
h. Television		r. Shopping	
i. Meals		s. Etc. (Specify)	
j. Sleep			

Total Time: \_\_\_\_\_ hrs

After completing the chart, discuss with your pastor or counsellor your responsibility in the stewardship of your time.



Please insert all supporting evidence i.e. photos, worksheets etc.

**Requirement 6:**

Do one of the following:

- a. If you have an income-producing job or an allowance, make a list of how you spend your money for one month.
- b. If you are not in the category above, make a list of how you would spend an income of £80.00 a month in the following categories, from your list determine what percentage of your total income is spent on each item.

Category	Amount	Percentage
<input type="checkbox"/> Clothes		
<input type="checkbox"/> Entertainment		
<input type="checkbox"/> Personal items (toiletries)		
<input type="checkbox"/> Gifts		
<input type="checkbox"/> School supplies		
<input type="checkbox"/> Tithe and offerings		
<input type="checkbox"/> Food (eating out)		
<input type="checkbox"/> Transportation		

After completing the chart and percentages, discuss with your pastor or counsellor the advantages of a budget and how to stay within a budget.



Please insert all supporting evidence i.e. photos, worksheets etc.

#### 4. Complete the Drilling and Marching Honour.



**Note:** Quite likely portions of the Honour have been previously completed for earlier classes, if the Honour has already been earned, this requirement has been met. Otherwise, the Honour may be found in the Recreation section of the Pathfinder Honour Handbook

Date I completed the Drilling & Marching honour: \_\_\_\_\_



Pathfinder Signature \_\_\_\_\_ Date \_\_\_\_\_

Name & Signature of the Teacher \_\_\_\_\_ Date \_\_\_\_\_

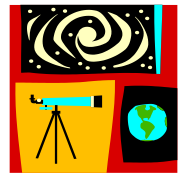


Please insert all supporting evidence i.e. photos, worksheets etc.



# Nature Study

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- 1. Review the story of Nicodemus and relate it to the life cycle of the butterfly, or draw a life-cycle chart of the caterpillar giving the spiritual significance.**



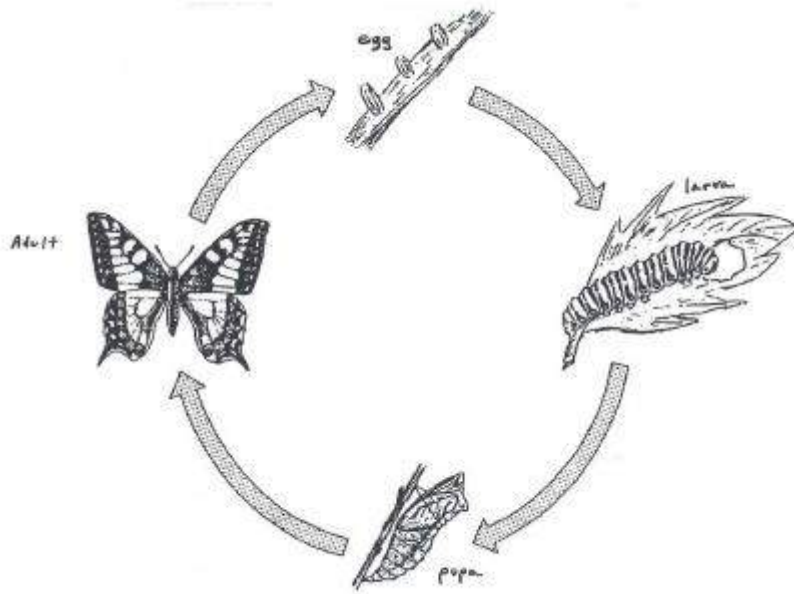
Your teacher will guide you through this story.  
Scripture References: John 3, Psalm 51:10 and Psalm 19

Summarise your findings here:



Please insert all supporting evidence i.e. photos, worksheets etc.

**How does the picture below illustrate from nature the transformation from sinner to Christian?**




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## 2. Complete a Nature Honour not previously earned.

The requirements for all honours are found in the AY Honour Handbook.  
Notes on specific honours are available from your youth director or counsellor.

Name of honour completed: \_\_\_\_\_



Club Member Signature \_\_\_\_\_ Date \_\_\_\_\_

Name and Signature of Teacher \_\_\_\_\_ Date \_\_\_\_\_



Please insert all supporting evidence i.e. photos, worksheets etc.

# Outdoor Life

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*The aim of this section is to continue to enhance the Voyager's appreciation of the out-of doors and to experience an increase of expertise in various skills.*

**1. With a party of not less than four including an experienced adult counsellor, hike 25 kms (15.5 miles) in a rural wilderness area, including one night in the open or in tents. The expedition planning should be a joint effort of the party and all food needed should be carried. Participate in a group discussion led by your counsellor, of the terrain, flora and fauna, as observed on the hike.**

1. Use a compass and read a topographical map
2. Review the use of topographical maps, and use one to plot your hike route, choose your campsite, etc.
3. Review the points of packing a pack, and plan as a group what to take, both for personal and group use.

You will need:

- Something to eat with
- Something to sleep in
- Something to keep dry in
- Something to keep warm in
- Something to have fun in
- Something to keep clean with

Remember to keep things which may be urgently required, in a location where they can be obtained quickly. e.g. first aid kit, flashlight, compass and map, raincoat or wind jacket, money, matches, toilet paper, handkerchief or tissues, sharp knife, rope.

4. Review the hiking rules, and know what to do if lost.
5. Bring a notebook - *The Report or Log Book* should be written up as soon as possible after the hike while incidents are fresh and vivid in the mind.



## Expedition Plan (15.5 miles)



Please insert all supporting evidence i.e. photos, worksheets etc.

*Participate in a group discussion led by your counsellor, of the terrain, flora and fauna, as observed on the hike.*

**Write a summary of this discussion:**



Please insert all supporting evidence i.e. photos, worksheets etc.

## 2. Complete One Recreational Honour not previously earned.

The requirements for all honours are found in the AY Honour Handbook.  
Notes on specific honours are available from your youth director or counsellor.

Name of honour completed: \_\_\_\_\_



Club Member Signature: \_\_\_\_\_ Date \_\_\_\_\_

Name & Signature of Teacher: \_\_\_\_\_ Date \_\_\_\_\_



Please insert all supporting evidence i.e. photos, worksheets etc.

### 3. Pass a test in Voyager First Aid.

Watch the listed videos online and study the text below. You will be tested.

## Voyager First Aid

Adult CPR <http://www.youtube.com/watch?v=fHMOswPk3ug> (Date Accessed September 2009)

Child CPR <http://www.youtube.com/watch?v=oofCHP9Co4w> (Date Accessed September 2009)

**Expired Air Resuscitation** - E.A.R. (or Mouth to Mouth Resuscitation) must begin immediately when breathing stops, i.e. no rise and fall of chest is evident.

#### **Method:**

1. Clear mouth and airway -- remove obstructions and debris.
2. Tilt head well back - opens airway and prevents relaxed tongue blocking airway.
3. With victim's nostrils pinched closed, the operator takes a breath, open his mouth wide so as to make an airtight seal around the victim's mouth, and breathes into the victim - watch to see chest rise - takes about 1 second.
4. Operator removes his mouth from the victim's mouth and watches chest fall takes about 3 seconds.
5. Repeat operations 3 and 4 until victim's breathing returns. Operations 3 and 4 constitute 1 inflation and takes 4 - 5 seconds for an adult and 3 - 4 seconds for a child. When beginning E.A.R. give 4 rapid inflations, then continue at a normal rate of 12 -15 inflations per minute for adult, 15-20 per minute for children, and 20-25 per minute for babies. Blow sufficient air to make victim's chest rise a "normal" amount - only a gentle puff will be needed for a baby.
6. When recovered, place victim in coma position and observe closely. Vomiting may accompany recovery.

Unless asphyxia is treated promptly, the heart will eventually stop beating and death will result.

Cardiac arrest may also occur in conditions such as heart attack, electric shock.

**External Cardiac Compression** - E.C.C. (Closed Chest Massage) must begin as soon as the heart stops beating - check for carotid pulse.



## **Method:**

1. Lie casualty on his back on a firm surface.
2. Kneel beside victim and locate the lower half of the sternum (breast bone).
3. Place the heel of one hand over the center of the lower half of the sternum, and the heel and on top of the first - keep fingers raised and off the chest.
4. Keeping arms straight, rock forward, pressing down briskly on the sternum to depress it about 5 cm in an adult.  
For a child - press with I hand - depress sternum about 3 cm. For a baby - press in center of sternum with 2 fingers - depress sternum about 2 cm.
5. Rock back, releasing pressure but maintaining contact.
6. Repeat operations 4 and 5 at a rate of the normal pulse, i.e. about 80 per minute adult and 100 per minute child and baby.

**Cardio-Pulmonary Resuscitation** - C.P.R. - is the combination of E.A.R. and E.C.C. and needs to be used when the heart stops.

™ One Operator- Give 15 heart compressions (To the tune "Nelly Elephant"), then 2 quick inflations.

™ Two Operators- Give 5 heart compressions, then 1 quick inflation.

Repeat until victim recovers. Check for pulse every 2 minutes while giving resuscitation.

## **Mouth-to-Nose**

Procedure for mouth-to-nose is basically the same as for mouth-to-mouth. ™ To seal airway close victim's mouth and seal lips by pressing lower lip onto the upper lip with the thumb. ™ Take a deep breath, open your mouth as wide as possible and place over victim's nose, but do not pinch nostrils together with you lips. Continue as for mouth-to-mouth.

### ***Children - Handle Gently.***

After clearing the airway, support the jaw without tilting the head backwards. Keep your hand away from the soft tissue of the neck. It may be difficult to achieve a clear airway, but unless this is done, air will be blown into the stomach.

For babies and small children, it is necessary to cover both mouth and nose with your mouth before you blow into the lungs.

Over-blowing can cause distension of the stomach so blow just enough to cause the chest to rise. Wait until the child exhales and repeat – 20 times a minute.

***Call for help:*** If you are confronted with an emergency, stay with the victim, start resuscitation and call for help.

## **Do NOT leave the victim.**

Once breathing stops you have only 4 minutes before the brain suffers irreversible damage, so begin Expired Air Resuscitation immediately.

## ***Practice***

Be prepared for an emergency.

Technical skill is achieved only by repeated practice. For information on classes, contact:

- Local Ambulance Service
- St Johns Ambulance
- National Heart Foundation

I completed the Voyager First Aid test on (Date): \_\_\_\_\_

The results of my test was (Pass or Fail):



Name & Signature of Teacher: \_\_\_\_\_



Please insert all supporting evidence i.e. photos, worksheets etc.

# Lifestyle Enrichment

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**Complete one Honour in Outreach Ministries, Health and Science, Household Arts, or Vocational categories not previously earned.**

The requirements for all honours are found in the AY Honour Handbook.  
Notes on specific honours are available from your youth director or counsellor.

Name of honour completed: \_\_\_\_\_



Club Member Signature \_\_\_\_\_ Date \_\_\_\_\_

Name & Signature of Teacher: \_\_\_\_\_ Date \_\_\_\_\_



Please insert all supporting evidence i.e. photos, worksheets etc.

		Date	Date	Date	Date	Date	Date	Date	Date	
<b>Individual Honour Record</b>	Plester Craft			Cattle Husbandry		Kites		Plumbing		
	Plastics			Dairying		Knot Tying		Printing		
	Pottery			Dog Care & Training		Navigation		Radio		
	Sculpturing			Dogs		Orienteering		Radio – Advanced		
	Silk Screen Painting			Domestic Animals		Outdoor Leadership		Radio Electronics		
	Silk Screen – Advanced			Ecology		Outdoor L'ship – Advanced		Shoe Repair		
	Soap Craft			Ecology – Advanced		Physical Fitness		Shorthand		
	Soap Craft – Advanced			Edible Wild Plants		Pioneering		Small Engines		
	Stamps			Environmental Conservation		Rock Climbing		Teaching		
	String Art			Ferns		Rock Climbing – Advanced		Typewriting		
	Textile Painting			Fishes		Rowing		Welding		
	Typewriting			Flowers		Sailing		Woodworking		
	Weaving			Flowers – Advanced		Scuba Diving		<b>ADRA HONOURS</b>		
	Wood Carving			Fossils		Scuba Diving – Advanced		Community Assessment		
	Wood Handicraft			Fungi		Springboard Diving		Community Service		
	<b>ART &amp; CRAFT HONOURS</b>	<b>HEALTH &amp; SCIENCE HON.</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
	Aeroplane Modelling	Basic Rescue			Adventure for Christ – Adv.		Adventure for Christ – Adv.		Scuba Diving	
	Basketry	Chemistry			Christian Citizenship		Christian Citizenship		Springboard Diving	
	Block Printing	CPR			Christian Grooming/Manners		Christian Grooming/Manners		Beginners Swimming	
	Book-keeping	First Aid - Basic			Christian Storytelling		Christian Storytelling		Beg. Swimming – Adv.	
	Bread Dough	First Aid – Standard			Family Life		Family Life		Intermediate Swimming	
	Cake Decorating	First Aid – Advanced			Junior Witness		Junior Witness		Swimming	
	Candle Making	Health & Healing			Junior Youth Leadership		Junior Youth Leadership		Swimming – Advanced	
	Ceramics	Home Nursing			Language Study		Language Study		Track & Field	
Counted Cross Stitch	Optics			Literature Evangelist		Literature Evangelist		Tumbling & Balancing		
Crochet	Physics			People of Other Lands		People of Other Lands		Tumbling & Bal – Adv.		
Crochet – Advanced	Red Alert			Personal Evangelism		Personal Evangelism		Water Skiing		
Coins (currency)	HOUSEHOLD ARTS			Sign Language		Sign Language		Water Skiing – Advanced		
Decoupage	Baking			Sign Language – Advanced		Sign Language – Advanced		Wilderness Leadership		
Drawing & Painting	Basic Sewing			Stewardship		Stewardship		W'ness L'ship – Advanced		
Felt Craft	Cooking			Temperance		Temperance		Wilderness Living		
Flower Arrangement	Cooking – Advanced			<b>RECREATION HONOURS</b>		<b>RECREATION HONOURS</b>		Wind Surfing		
Glass Painting	Dressmaking			Archery		Archery		Winter Camping		
Knitting	Dressmaking – Advanced			Archery – Advanced		Archery – Advanced		<b>VOCATIONAL HONOURS</b>		
Knitting – Advanced	Flower Arrangement			Backpacking		Backpacking		Accounting		
Leather Craft	Glass Painting			Camp Craft		Camp Craft		Automobile Mechanic		
Leather Craft – Advanced	Knitting			Camping Skills – I		Camping Skills – I		Auto. Mech. – Adv.		
Lettering/Poster Making	Knitting – Advanced			Camping Skills – II		Camping Skills – II		Bible Evangelism		
Macramé	Leather Craft			Camping Skills – III		Camping Skills – III		Book-binding		
Metal Craft	Leather Craft – Advanced			Camping Skills – IV		Camping Skills – IV		Book-keeping		
Model Boats	Lettering/Poster Making			Canoeing		Canoeing		Carpentry		
Model Cars	Macramé			Caving		Caving		Christian Salesmanship		
Model Railroad	Metal Craft			Caving – Advanced		Caving – Advanced		Communications		
Model Rocketry	Model Boats			Community Water Safety		Community Water Safety		Communications – Adv.		
Model Rocketry – Adv.	Model Cars			Comm. Water Safety – Adv.		Comm. Water Safety – Adv.		Computers		
Music	Model Railroad			Cycling		Cycling		Computers – Advanced		
Needle Craft	Model Rocketry			Cycling – Advanced		Cycling – Advanced		Electricity		
Origami	Model Rocketry – Adv.			Down Hill Skiing		Down Hill Skiing		House Painting		
Photography	Music			Drilling & Marching		Drilling & Marching		Interior House Painting		
	Needle Craft			Fire Bldg & Camp Cookery		Fire Bldg & Camp Cookery		Journalism		
	Origami			Hiking		Hiking		Masonry		
	Photography			Horsemanship		Horsemanship		Paper Hanging		
				Beekkeeping		Beekkeeping				