

## Out and About

Field trips are a great way to improve the visibility of Guiding in your community as well as being a fun meeting with minimal preparation time required. There are many interesting places to visit in every community. Your girls and their parents are great resources for suggesting places to visit and contacts to get you in the door, but don't worry if you haven't got an "inside track" at the place you want to go. Most organizations are happy to support youth programs and a few phone calls can usually get the response you are looking for. If you don't know anyone on the "inside", start with your phone book and call the main number for your target organization.

Some interesting places to try are:

1. **Hospitals and Nursing Stations** – a general tour of a large facility is interesting, and gives the girls a chance to learn about careers in the Health Care profession. For older girls, ask if they can try running a simple test in a lab, or learn some first aid skills from a nurse or doctor.
2. **Commercial Kitchens** – the amount of food it takes to feed 100 people or the size of the equipment required is especially interesting to younger girls. Most hotels and restaurants will arrange tours during slow periods if you call well in advance.
3. **RCMP** – a classic kids tour, and with good reason. The cells, fingerprinting, handcuffs, trucks with sirens, it is all just cool! The RCMP also have a number of children's safety programs such as Hug-a-Tree and bicycle safety that may be tied in to a tour.
4. **Community Radio Station** – an interesting tour for older girls. Find out how programming is selected. Ask if the girls can speak on the air, or learn how to use the equipment and record their own commercial for Guiding. Covers lots of Program for both Guides and Pathfinders!
5. **Airport** – Visit the control tower to learn how planes communicate with each other and the airport. Larger airports may have their own fire hall and special trucks and equipment. Learn about baggage and freight handling or airport security.
6. **Library** – Ask the girls to find books on a specific subject relating to a badge. Read a story together. Apply for library cards & check out some books. For older girls, learn about cataloging and repairing books.
7. **Offices** – Find out if any offices in your town do unusual work such as map making or publishing. Learn about their specialized equipment. Work on your communication badges.
8. **Weather Station** – Most communities have a weather observation station near the airport. Visit the site with a technician to learn about the equipment and measurements that are taken. Guides can make their own weather monitoring instruments and record their observations for several days to earn their weather badge.

Wherever you decide to take your Unit, remember to follow the Safe Guide and these tips for a problem-free tour:

- Whenever possible, speak to the person who will actually be giving your tour several days in advance to make sure they are aware of the age and attention span of your group, as well as any Program objectives you would like to cover during the tour.
- Make sure parents and girls are aware that the tour will take place, and what standards of behavior are required.
- If you have a large group, ask to be split into smaller groups during the tour so everyone has opportunities to see, try, and ask questions.
- Be prepared with a few questions for your tour guide in case the girls can't think of any, or the explanations are too complicated.
- Show enthusiasm for the things you see and hear – your interest will encourage the girls to be more interested in what is happening.
- Bring some quiet activities such as colouring sheets or quizzes for the girls to work on if they have to wait.
- Don't forget to thank your host at the end of a visit, and follow up with a card or note from the girls.

Have fun on your field trip, and don't forget to tell others all about it!