

## Duke of Edinburgh award

Adventurous, caring, sporty, creative... however you might describe yourself, the Duke of Edinburgh award could be for you. It will help you to grow in confidence and develop useful skills. Meeting new people will inspire you and lead to lasting friendships. This award can also give you the edge when you apply for college, university or a job.



## Commonwealth award

The Commonwealth award is for members aged 13+ who might be interested to learn more about the rich history of our organisation – and to explore countries and cultures unfamiliar to them. It gives you the opportunity to find out more about the history of guiding and the Commonwealth.

Check out the Commonwealth award at [girlguiding.org.uk](http://girlguiding.org.uk)

## Young leader development programme

Take the next step on your leadership journey and grow your skills with the young leader development programme.

If you're aged between 14-17 and volunteering in a unit, you may have used the young leader welcome leaflet to get started in your role. Now, you can continue discovering and exploring your leadership skills with the young leader development programme; a personalised journey that empowers you to become the leader you want to be.

Find out more:



## Peer education

Peer educators are 14 to 25 years old who help Brownies, Guides and Rangers explore important topics. As young people, they use their own experience to bring the subject to life.

Peer educators run fun, safe and challenging sessions which we develop with expert partners. They can deliver sessions on:

### Think resilient

Tools to build mental well-being.

### Safe the world

Helping members make a stand for safety.

### Breaking free

Tools to challenge any stereotype that limits girls.

If you're aged between 14 and 25, apply to attend a free peer education training session.

Speak to your unit leader, search 'peer educator' on the Girlguiding website or contact the region office.

# Explore your interests!

## Opportunities for members aged 14- 18 years old



## International opportunities

There are a number of regular trips abroad which give our members a chance to take on an exciting and fun adventure!

At these events, you'll get to see incredible locations – recent events have been hosted in Sweden, Japan and Canada! You can also build lasting connections with like-minded WAGGs and World Organisation of the Scout Movement (WOSM) members from all over the world.

## Stay connected

**National Information:** [girlguiding.org.uk](http://girlguiding.org.uk)

To find out more about any of the opportunities detailed in this leaflet, search keywords about the role, event or award.




### For additional support:

Contact the Girlguiding Anglia region office

Website: [girlguiding-anglia.org.uk](http://girlguiding-anglia.org.uk)

Telephone: 01603 737357

Find your local areas on social media for more opportunities and information – get connected!

 /girlguidinganglia  
 girlguiding\_anglia  
 @gguidinganglia



**Introps**  
Girlguiding Anglia International Opportunity Weekend  
Introps is a fun-filled weekend during which you will find out about and apply for international opportunities being run by the Girlguiding Anglia International Team. Recent trips include Romania, Croatia, India, Iceland, Costa Rica, Belgium and Canada.  
Speak to your local commissioner for more information or email us at [hello@girlguiding-anglia.org.uk](mailto:hello@girlguiding-anglia.org.uk)

**Stay up to date**  
All Girlguiding volunteers are responsible for maintaining and updating their personal information on the GO membership system. This is important to make sure you receive all information and updates related to your role in Girlguiding and make sure your permissions are up to date.  
Make sure the email you want your information to go to is correct and accessible. Ask your commissioner/leader if it needs changing.  
To access your own account:  
• Record your membership number somewhere safe.  
• Visit: [login.girlguiding.org.uk/home.aspx](http://login.girlguiding.org.uk/home.aspx)  
• Click the 'Need your password' button.  
• Insert your membership number and email address and your password will be sent to you.  
Once you have this information you can then access GO and update all your personal details  
My membership number is: .....

## Your charity

Did you know all levels of Girlguiding are individual charities?

We need advisors, event volunteers and committee members at all levels to make our wonderful organisation work.

Visit [girlguiding-anglia.org.uk/vacancies](http://girlguiding-anglia.org.uk/vacancies) and stay in touch on social media to get involved in these exciting opportunities.



## Action for change

Action for change will enable you to actively champion girls' views across your country or region. Through local and regional networks, we hope you'll make some fantastic new friends who share your interests too.

Sign up for e-newsletters and follow Girlguiding on social media to find when opportunities become available.

## Lead Away permit

Rangers and young leaders have the exciting opportunity to work towards the lead away permit. Aimed at equipping you with the skills and knowledge to lead 4-8 Rangers or young leaders on residential trips.

The permit will boost your leadership skills, experience and confidence alongside empowering you to make the right decisions when things don't go to plan. Visit [girlguiding.org.uk](http://girlguiding.org.uk) to get started on the seven challenges.

## Who can you speak to?

- ☐ Your unit leader
- ☐ Your local commissioner
- ☐ Email Girlguiding Anglia [hello@girlguiding-anglia.org.uk](mailto:hello@girlguiding-anglia.org.uk)

## Commissioner:

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## Contact:

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## The Girlguiding Anglia family



## Outdoor adventures

### Rowing training scheme

Completing the Girlguiding rowing training scheme will mean you can instruct and supervise members in rowing activities.

### Canoeing and kayaking training

Canoeing and kayaking are exciting ways for girls to challenge themselves and have fun on the water. Through British Canoeing (BCU) courses, you can instruct and supervise Girlguiding members yourself!

There are further opportunities which you can work towards to achieve once you are 18 years of age.

For more information on these and other outdoor activities including climbing, abseiling and walking, take a look at the Girlguiding website.

## Girlguiding Inspire (18-30)

Designed by you, led by you, Girlguiding Inspire is a supportive and fun community where you can choose your own path through a range of opportunities.

Local county commissioners will also arrange events and opportunities for your area.

You can find out more about Girlguiding Inspire on the Girlguiding website or from your county Inspire coordinator.



The Student Scout and Guide Organisation (SSAGO) is a non-uniformed organisation that enables you to continue or begin Scouting or guiding whilst at college or university

[ssago.org.uk](http://ssago.org.uk)

## Queen's Guide award

The Queen's Guide award is the highest award you can work towards in guiding.

It gives you the chance to develop your skills, whilst contributing to guiding and your local community. It is open to members aged 16 to 30.

Find out more here:

