



THE VENTURE SCOUT SPICES BOOK

Credits

Many people within Scouting Ireland have contributed and been involved in developing the ONE Programme for Venture Scouts.

It would be impossible to individually name everyone who participated in the development of this handbook, but to all who assisted a heartfelt thank you. Your efforts have contributed to a new journey for Scouting.

Particular recognition goes to;

The Venture Scout Team 2007 - 2010,
The National Youth Representatives 2007 - 2009,
The National Youth Programme Committee,
Programme Staff National Office.

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Fiontar

Welcome to Fiontar, the Venture Scout Programme.

Fiontar is the Irish for Venture and Adventure. With all the possibilities that await you in the years ahead, your time in Venture Scouts should be seen as an adventure, both in terms of the things you will do and the journey of self discovery you will make.

Fiontar is an opportunity for you to examine your own personal development and to design challenges that further that development. The great thing with this programme is that you will be in control. You won't be told what to do. We will simply highlight areas of development for you and it will be up to you to decide how to tackle them.

The programme is based on the SPICES, the areas of personal growth that are the focus for the ONE Programme of Scouting Ireland. As a reminder, the SPICES are as follows:

SOCIAL Belonging to a group, having fun, community issues, appreciating culture differences

PHYSICAL Understanding your body & physical capabilities, developing through physical challenges

INTELLECTUAL Develop ideas & carry them out, analyse consequences, teamwork, evaluate situations

CHARACTER Accepting yourself, potential for growth, personal value set, respecting others

EMOTIONAL Confidence to express emotions, dealing with situations, respect for others emotions

SPIRITUAL My value, the value of others, respect for the environment, exploration of faith

Each of these SPICES has a number of Key Ideas, and there are 36 in total. It is these Key Ideas that will provide the inspiration for your journey through Venture Scouts.

Suas and Trasna

There are two distinct Phases to Fiontar, and these are Suas and Trasna (Up and Across). The general idea is that you will start off your time in Venture Scouts working as part of a Crew and with experience will progress on to leading Crews.

Suas (Up)

You will work as part of a team within Crews to develop activities which will allow you to explore the different aspects of the SPICES.

Trasna (Across)

You will lead a Crew to develop activities which will allow you to explore the different aspects of the SPICES.

For each Phase you will take a similar approach.

1. Assess where you currently are in terms of your progression in the six SPICES by plotting a SPICES Map.
2. This map will highlight the Key Ideas in which you are advanced and the ones in which you have more room for development.
3. Concentrating on the ones where you need to develop most initially, use the Inspiration Pages for those Key Ideas to come up with a series of challenges.
4. Undertake the challenges over a period of time.
5. When the challenges have been completed you should plot a new SPICES Map, which will reveal how you have developed by undertaking the challenges.

You will undertake 18 challenges during each phase. A Phase ideally should take place over an 18 month period. You should include a 'Time Out' during each Phase from your SPICES Activities. This 'Time Out' should be used to review where you are on your Journey and to determine that you are heading down the right path. But this can also be a great opportunity to progress in other areas of the programme such as the Adventure Skills. Unit Expedition also fits into this 'Time Out' period. A 'Time Out' should last between 3 and 6 months.

While you should probably concentrate on the Key Ideas you think you are weak at, that doesn't mean you should only work on these. Include some Key Ideas you think you are strong in also. A good mix is the best way to go.

Getting started with the SPICES Map

The central idea in Fiontar is that you are on your own unique personal journey of growth and development. Before you can move on however, you need to have an idea of where you are starting from. And as you progress on that journey, you need to be able to see how far you have come. This is done by plotting SPICES Maps.

1. Have a look at the SPICES questionnaire.
2. Consider each question in turn, and rate yourself in terms of each question from 5 to 1.
3. A rating of 5 means that you can answer an unconditional yes to the question, a rating of 1 means that you would answer an unconditional no to the question.
4. As you rate yourself for each question, plot your answer on to the SPICES Map.
5. When the map is complete it will define a shape. Areas where you are well developed are shown where the shape hits the outside circle on the map.
6. Areas where you have most room for development are shown where the shape hits the inner circle on the map.

Remember when completing the questionnaire and plotting the map ...

1. To answer the questions as honestly as possible ... this is your own map and it is not a question of comparing yourself to others.
2. That the questions are not quite black and white, so don't think that you have to give yourself a rating of 1 or 5 ... more often than not your rating will lie somewhere in between.
3. That the aim is to 'expand' and 'smooth' the circle on the map during your time in the Unit. ... however, it would be most unusual if you ended up with a complete circle ... what is important is that you make the effort.



Social Questionnaire

- A. Do you have the right skills and attitudes to build friendships?
- B. Can you communicate with others?
- C. Do you try to understand other cultures that you come into contact with?
- D. Do you get involved in your community?
- E. Can you understand how the Promise and Law fits into everyday life?



Physical Questionnaire

- A. Do you have a balanced diet?
- B. Do you know the importance of having good personal hygiene and how it effects others?
- C. Do you make time for physical activity?
- D. How good are you at getting medical help when you are not feeling well?
- E. Do you appreciate that physical differences make society better?
- F. Do you understand the impact your choices have on your life?
- G. Do you know the affects of abuse on the human body?



Intellectual Questionnaire

- A. Are you able to solve problems?
- B. Do you see how you can learn something from every new situation?
- C. Can you think outside of the box and try your own creative ideas?
- D. Can you plan, carry out and review a project?
- E. Do you know what qualities you bring to a team?



Character Questionnaire

- A. Do you put the Promise and Law into practice?
- B. Do you know what's important in your life?
- C. Do you try your best in everything that you do?
- D. Can you stand up for what you believe in?
- E. Do you treat others with respect?
- F. Do you try to help where you see injustice or inequality?
- G. Do you have the courage to reach for your goals?
- H. Do you embrace the Scouting Spirit?



Emotional Questionnaire

- A. Can you deal with having an off day?
- B. Do you call on others when you have a problem?
- C. Do you listen when someone has a problem?
- D. Can you show your feelings in a positive way?
- E. Do you have the confidence to deal with all that life can throw at you?
- F. Do you stand up for what you believe in?
- G. Do you try to develop your talents?

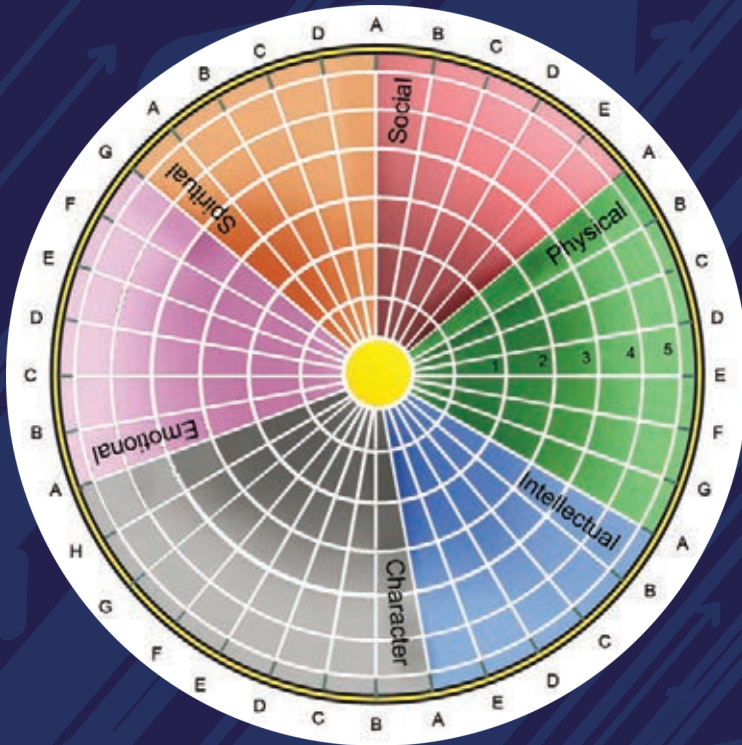


Spiritual Questionnaire

- A. Do you stand by your spiritual beliefs?
- B. Do you make a positive impact on the environment?
- C. Do you see God in the world around you?
- D. Do you see spirituality as a vital part of your life?

The SPICES MAP

The SPICES Map is a circle made up of six segments, one for each of the SPICES. Each segment has a number of lines corresponding to the number of questions for each of the SPICES in the questionnaire. There are 4 inner circles on the map, and these with the outside circle represent the 5 possible ratings for each question, with 5 on the outer circle and 1 on the inner circle.



A worked example

Let's look at an example of how this works.

This SPICES Map has been plotted from ratings taken from a SPICES Questionnaire. So what does it tell us? Well, the most obvious points are that this person believes that the area they are most developed in is Intellectual, while the area they are least developed in is Social. The other four SPICES lie somewhere in between.

So what should this person do when thinking about picking a challenge? Lets take the Key Idea that gets the lowest rating, question C in Social, 'Do you try to understand other cultures you come into contact with?'

The first thing that should be done is to look at the Inspiration page for that Key Idea. Note down thoughts on the subject and see where they lead.

Example of an Inspiration Page:

Do I know any people from another culture?

What groups exist in Ireland?

Maybe I could talk to Marc at the shop where I work at the weekend ... ask a little about how things are different here to France where he is from.

Food?

Sport?

Cinema?

Based on these thoughts a challenge might be to organise a multicultural night where different Crews create a presentation about different countries.



Fiontar in a Unit Context

Similar to the example given, each Venture Scout will come up with ideas for challenges. It is up to the Unit as a whole to now agree which challenges they will take on.

1. Select a wide variety of challenges that will give you a varied programme.
2. Some thought should be given to the needs of each member of the Unit in terms of the SPICES Maps they have plotted.

Once the challenges are selected Crews should be formed to organise each one. This is where those on the Trasna stage take charge of the planning of the individual challenges, and those on Suas assist in the running of the challenges.

It's important to remember that depending on needs of the members of the Unit that a number of challenges can be happening at the same time and each member does not have to take part in all the challenges. This is especially the case in larger Units.

Blank SPICES Maps can be downloaded from www.scouts.ie



Social

When you are interacting with people on a daily basis there are many challenges. The challenge may be in communicating with people. It may be in forming new friendships. Or it may be dealing with differences in culture. You will come across many new customs and ways of behaving that will test your ability to work with other people.

THE LINK BETWEEN
SCOUTS AND VENTURES

WORKING
WITH VENTURES
WITHIN THE
SAME UNIT

COMMUNICATING
WITH VENTURES
FROM OTHER UNITS

men spend 10 hours per week
on average. women spend
7.5 hours per week with
friends on average.

psychology today, may 2003

Do you have
the right
skills and
attitudes
to build
friendships?



Ideas & thoughts



SOCIAL



**Can you
communicate
with others?**

66% of young men
and 50% of young
women find it
difficult to talk
to their parents
about sex.

*Irish Study of Health and Sexual
Relationships, 2006
(Crisis Pregnancy Agency)*

- Unit newsletters.
- Summer expedition
- Audio visual presentation
to Scout Group.
- Representing the unit at
Group Council
- Planning an activity
in crews.

Ideas & thoughts



SOCIAL





konnichi wa!

Habari!

adaab!

shwmae!

laba
diena!

privet!

n? h?o!

selam!

namaskar!

tja!

sal!

god
dag!

Bula
Uro!

zdrasti!

haai!

sal!

sawa
dee-ka!

dia
duit

shalom!

ciào!

bonjour!

wie
gehts!

hola!

wita!

International
scouting events.

Members can come from
different backgrounds.
International nights.

10% of the Irish
population in
2006 were
foreign nationals.
Census, 2006

Do you try
to understand
other cultures that
you come into
contact with?

hello!

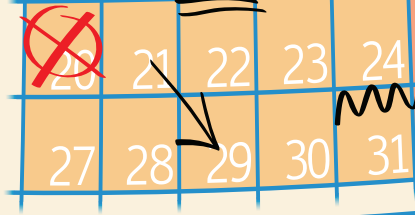
Ideas & thoughts



SOCIAL



Scout volunteers
gave 279,798,720
hours to support
Scouting in 2008.
BSA Website



Can you understand how
the Promise and Law fits
into everyday life?

What people are saying about

search

Ideas & thoughts



SOCIAL



DO YOU GET INVOLVED IN YOUR COMMUNITY?



VOLUNTARY WORK
WITHIN THE
COMMUNITY

HELPING ELDERLY
IN THE AREA

BAG PACKING FOR
A LOCAL CHARITY

WORKING WITH YOUNGER
SECTIONS IN THE GROUP

37.1% OF THE
POPULATION ARE
VOLUNTEERS

Ideas & thoughts



SOCIAL



[illegible]



Physical

Different people have different physical abilities. Your capacity to live an active life is determined to a great extent by the physical condition of your body. Your level of fitness, your diet, and your general health all have an effect on how well your body will work. And depending on how well your body works, you will be capable of different things.

Do you
have a
balanced
diet?



Menu for an
extreme hike and
consider energy
requirements

you are
what
eat you

Junk food free
activity weekend

Ready steady cook
night with the food
you find in the
den/hall

A survival
weekend

39% of over 18's are
medically overweight,
with a further
25% being obese.

National Health and Lifestyle Survey, 2007

Ideas & thoughts



PHYSICAL



*Do you know the
importance of having
a high standard of
personal hygiene and
how it effects others?*



*The simple act of hand
washing reduces the risk of
getting a stomach bug by as
much as 47%.
Hygiene Matters, 2007
(Hygiene Council)*



Ideas & thoughts



PHYSICAL





Do you
make
time for
**physical
activity?**



Over 20% of
Irish adults
report taking
no physical
activity.
Health Status of the Population
of Ireland Report, 2008 (HSE)



Ideas & thoughts



PHYSICAL



How good are you at
getting medical help
when you are not
feeling well? 

Mountain
Rescue 



First aid

33% of Irish youth's
surveyed had not been
to a doctor in a year.

The Truth About Youth, 2009 (NYCI)

Ideas & thoughts



PHYSICAL



A cow with large purple and white patches stands in a green field. In the background, several other black and white cows are grazing. The sky is clear and blue.

Activities facilitate all
the Unit members.

70% of adults with disabilities
outlined physical barriers as
the main obstacle in access-
ing social & leisure activities.

Enable Ireland Action Week 2009
Survey, 2009 (Enable Ireland)

DO YOU APPRECIATE
THAT PHYSICAL
DIFFERENCES MAKE
SOCIETY BETTER?

Ideas & thoughts



PHYSICAL



ACTIVITY RISK ASSESSMENTS.

SKILLS AND ABILITIES
NEED TO BE MATCHED
TO ACTIVITIES.

DO I UNDERSTAND THE
IMPACT MY CHOICES
HAVE ON MY LIFE?

COOPERATION ON
PROGRAMME
DECISIONS.

BINGE DRINKING
CAN DIRECTLY
CAUSE DEPRESSION
ANXIETY SUICIDE AND
ATTEMPTED SUICIDE

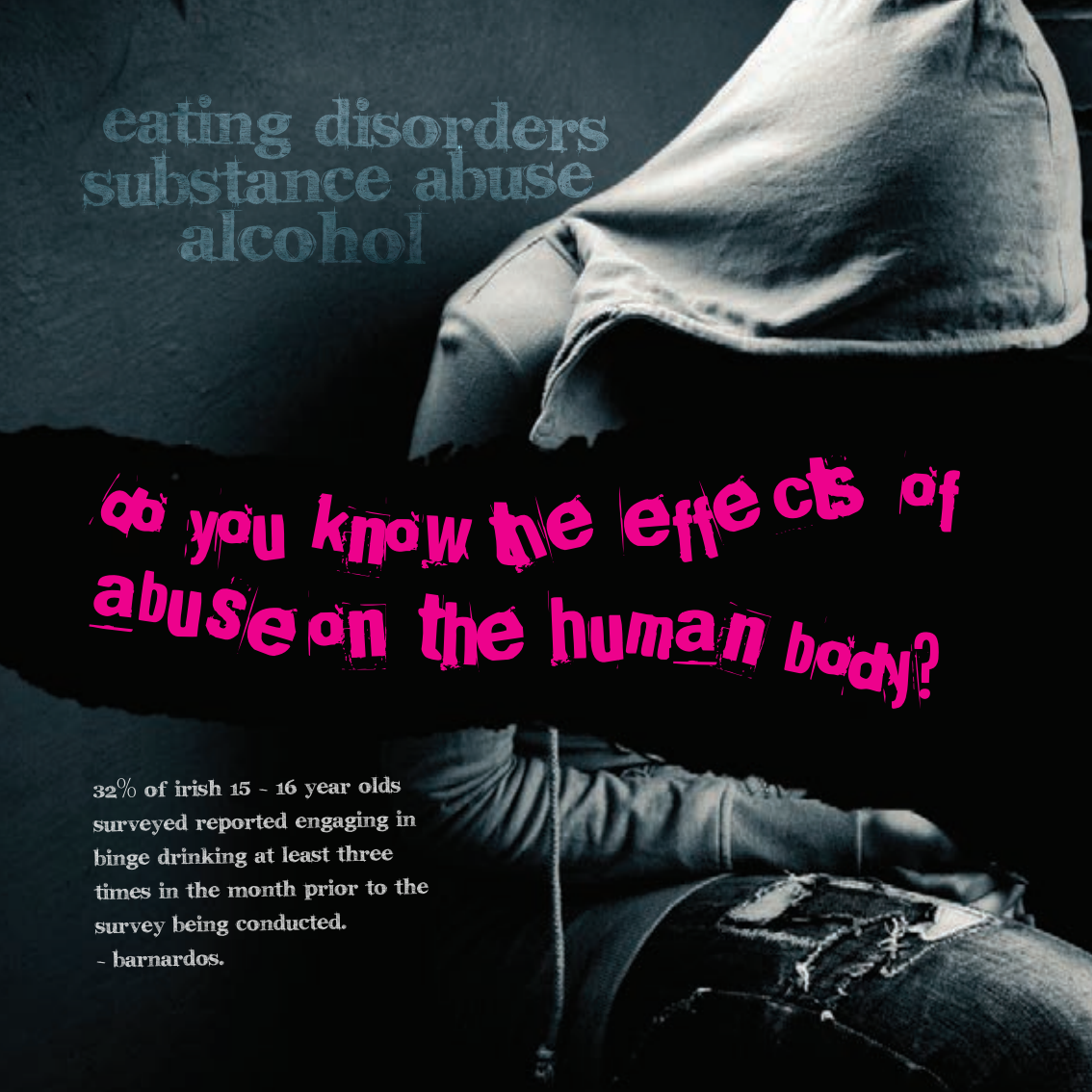
BARNARDOS

Ideas & thoughts



PHYSICAL





eating disorders
substance abuse
alcohol

do you know the effects of
abuse on the human body?

32% of irish 15 - 16 year olds
surveyed reported engaging in
binge drinking at least three
times in the month prior to the
survey being conducted.
- barnardos.

Ideas & thoughts



PHYSICAL



[illegible]



Intellectual

Before you do anything, you must first stop and think. You may have to make a plan. You may have to learn new skills. You may have to consider alternative ways of solving a problem. In thinking something through before you act you will have a much better chance of being successful. And having acted, don't forget to review what you have done. You will almost always learn something new.

Areas of the brain associated with complex problem-solving have been found to be highly active when we daydream.

UBC Mind Wandering Study, 2009

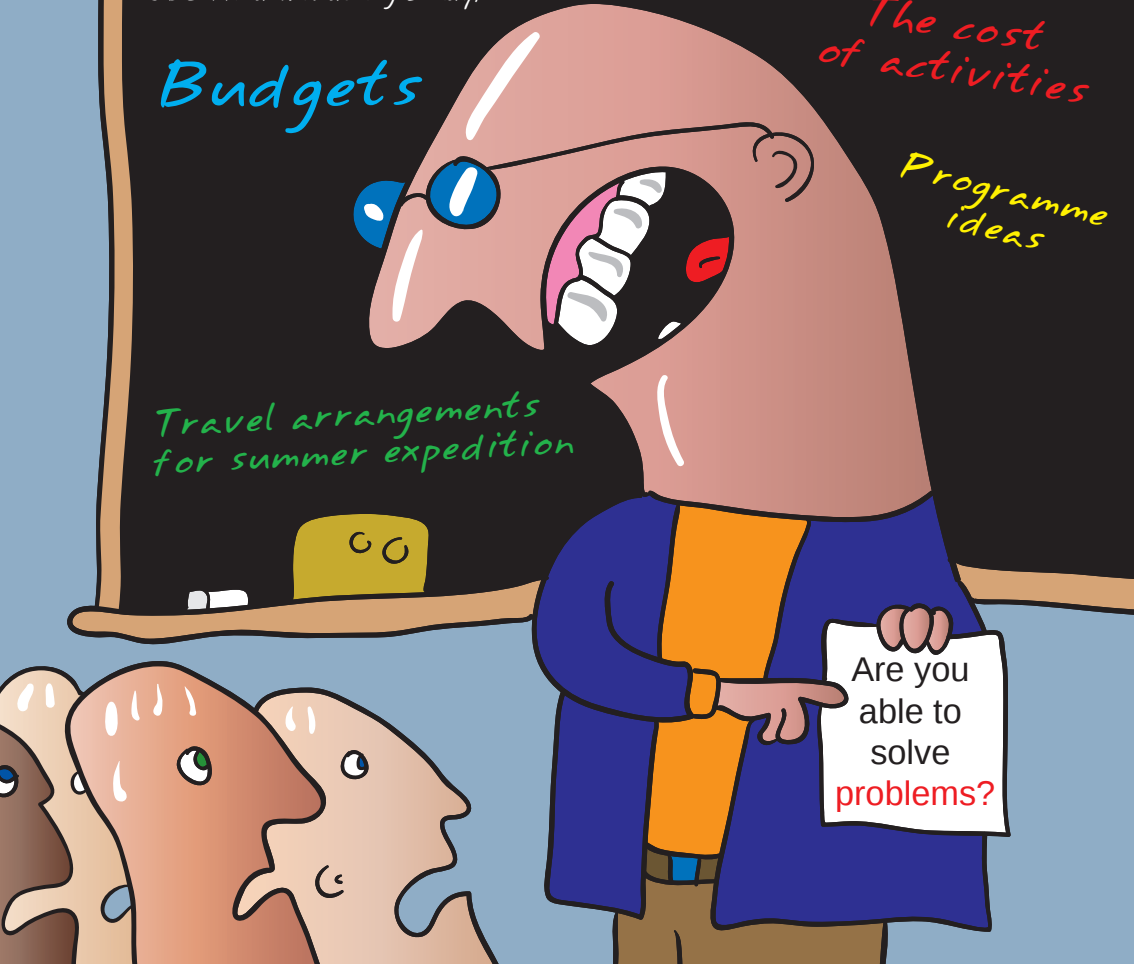
Budgets

The cost
of activities

Programme
ideas

Travel arrangements
for summer expedition

Are you
able to
solve
problems?



Ideas & thoughts



INTELLECTUAL



develop further in an
adventure skill

share interests within
the unit

reviewing of activities

**70% believe that
training, education and
upskilling are essential
for career development**

Lifelong Learning Index, 2008
(Learning Ireland)

?

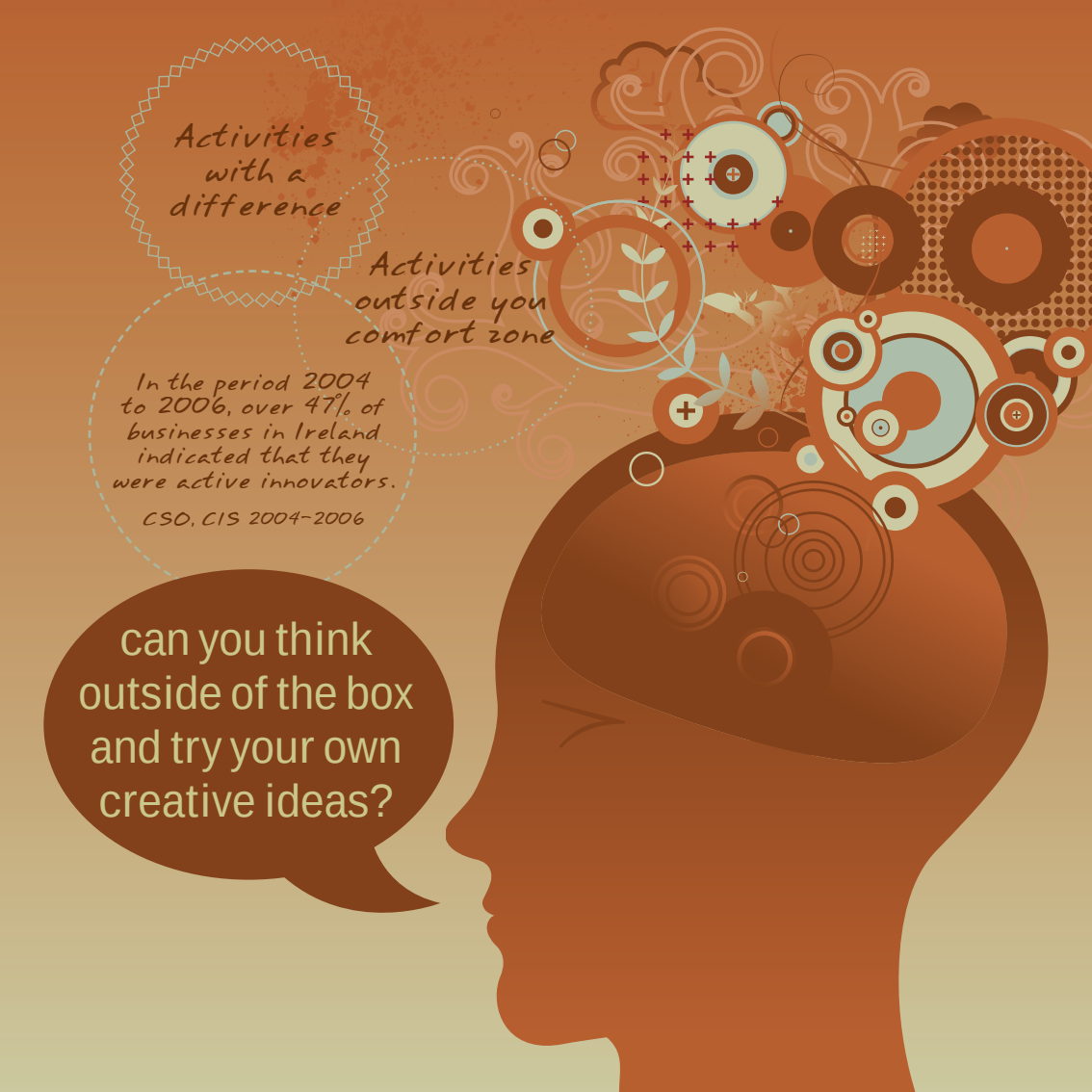
Do you see how you can learn
something from every new situation?

Ideas & thoughts



INTELLECTUAL





*Activities
with a
difference*

*Activities
outside you
comfort zone*

*In the period 2004
to 2006, over 47% of
businesses in Ireland
indicated that they
were active innovators.*

CSD, CIS 2004-2006

can you think
outside of the box
and try your own
creative ideas?

Ideas & thoughts



INTELLECTUAL





Can you
plan,
carry out
and review
a project?

Between 40% and 50% of software projects fail in large organisations because of poor management of the project.

Personnel Today Website.

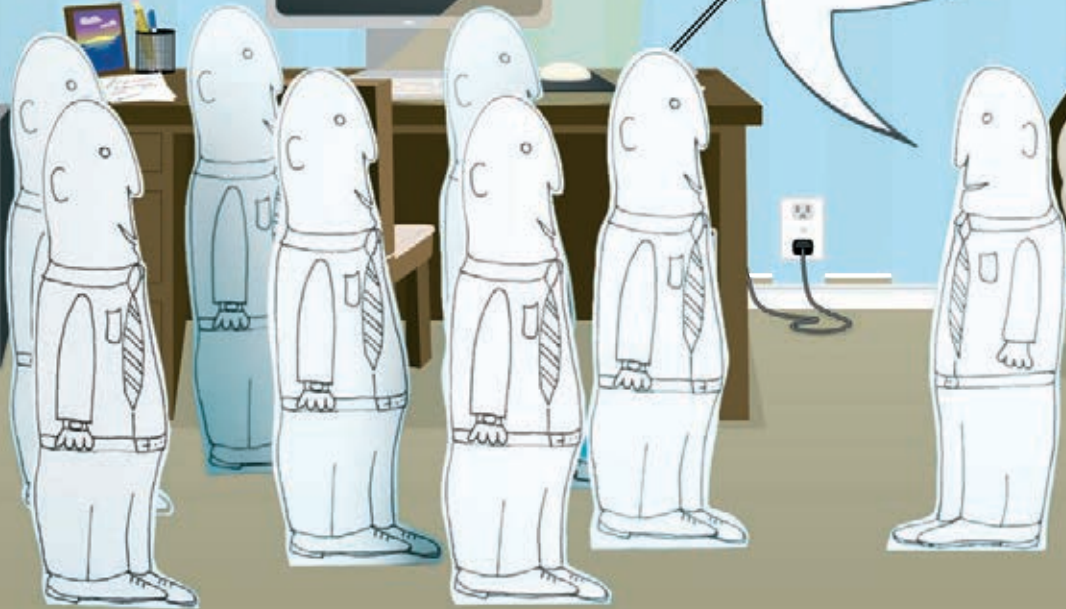
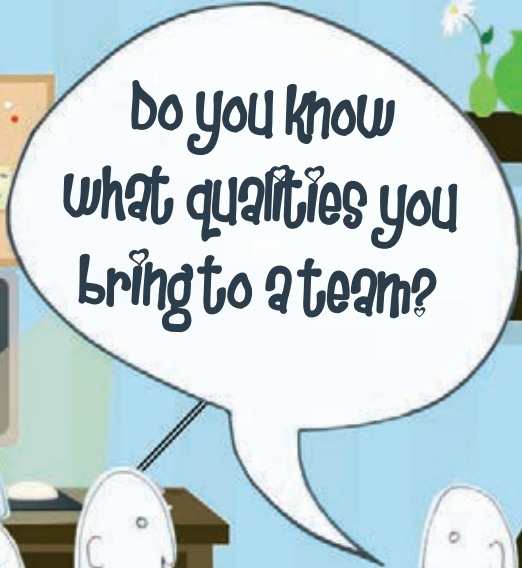
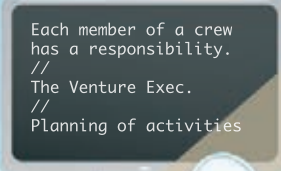
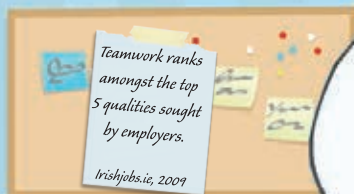
After an activity, sit down and talk about what went right, what went wrong and what could have been done differently next time

Ideas & thoughts



INTELLECTUAL





Ideas & thoughts



INTELLECTUAL



[illegible]



Character

Character means having a set of beliefs that you act by. It means putting these beliefs into practice in all you do. You should stand up for what you believe in and take action where you see wrong being done. Character also means having the courage to follow your dreams, no matter what sacrifices you must make to reach them.

**DO YOU PUT
THE PROMISE
AND LAW INTO
PRACTICE?**

"For nearly one hundred years the Scout Movement has contributed to building a better world through the personal commitment of hundreds of millions of women and men living up to their Scout Promise."

WOSM, 2008

Sticking with the
code of conduct.
Communicating with
members of the crew.

Ideas & thoughts



C

CHARACTER



XYZ



DO YOU KNOW
WHAT THE
IMPORTANT
THINGS IN
LIFE ARE
FOR YOU?

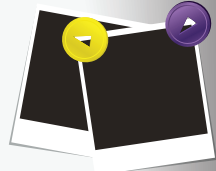


Only 78% of Irish people believe they have a duty to protect nature as opposed to 98% of Swedes, Danes and Germans.

European Barometer Survey
July 2005



Lifelong friendships
Learning new skills
Discovering other cultures
Everyone in the unit is involved



Ideas & thoughts

C

CHARACTER



Do you try
your best in
everything
that you do?

Scout Promise

Scout Law



Ideas & thoughts



C

CHARACTER



A person in a black silhouette is shouting into a megaphone. The background is a photograph of a protest with a banner that reads "CAN YOU STAND UP FOR WHAT YOU BELIEVE IN?".

**CAN YOU STAND UP
FOR WHAT YOU
BELIEVE IN?**

**Group Council
County Youth Form**

Ideas & thoughts



C

CHARACTER



54% of travellers stated that they have
been asked to leave a shop.
- Task Force on the Travelling Community, 1995

Do you treat others with



RESPECT?

A group code of conduct
agreed on by all Unit members.
Every venture contributes
equally in programme ideas.

Ideas & thoughts



C

CHARACTER



DO YOU TRY TO HELP
WHERE YOU SEE
INJUSTICE OR
INEQUALITY?

WORKING WITH
VOLUNTARY GROUPS
FOR THE DISADVANTAGED.
THE VENTURE EXHC.

12.5 of the population have
experienced some form of discrimination.

The Experience of Discrimination in Ireland Report, 2008 (Equality Authority)



Ideas & thoughts



C

CHARACTER





DO YOU HAVE THE COURAGE
TO REACH FOR YOUR GOALS?

DEVELOPING AN ADVENTURE SKILL.
ACHIEVING A SPECIAL INTEREST.

YOUR WAY

Ideas & thoughts



C

CHARACTER





Do you embrace the Scouting Spirit?

Complete a community project
with another voluntary group.

Link up with another venture unit.

Take part in an international scout event.

THERE ARE MORE THAN 28 MILLION
SCOUTS IN 160 COUNTRIES,
ALL OF WHOM ARE REQUIRED TO
ADHERE TO A SCOUT PROMISE & LAW.

WOSM, 2008

Ideas & thoughts



C

CHARACTER



[illegible]



Emotional

Your emotions influence you every minute of every day. Some days this influence will be positive, and sometimes it will be negative. Your challenge is to know how to deal with both. You should also recognise that every other person will have different emotions. Being able to deal with the emotions of others is just as important as being able to deal with your own.

66% of 10 to 11 year olds reported being very happy about their lives, compared to only 39% of 15 to 17 year olds.

HBSC Ireland Report, 2006 (NUI Galway)

CAN YOU DEAL WITH HAVING AN OFF DAY?

When an activity goes wrong, take time out afterwards to discuss what happened. If members of the crew are not working together and the activity is not going to plan, take a time out.

Ideas & thoughts



EMOTIONAL



Do you call on others
when you have a problem?

Confiding a problem
in a group member

Support from Scouters

Experienced ventures
help newer members

In 2006 Samaritans received over 5,206,044 contacts, by phone, email, letter, face-to-face at a branch, through our work in prisons, and at local and national festivals and other events.

Samaritans Website

Ideas & thoughts



EMOTIONAL



DO YOU **LISTEN**
WHEN SOMEONE HAS A
PROBLEM?

SUPPORTING OTHER UNIT MEMBERS
TEACHING SKILLS TO OTHER MEMBERS

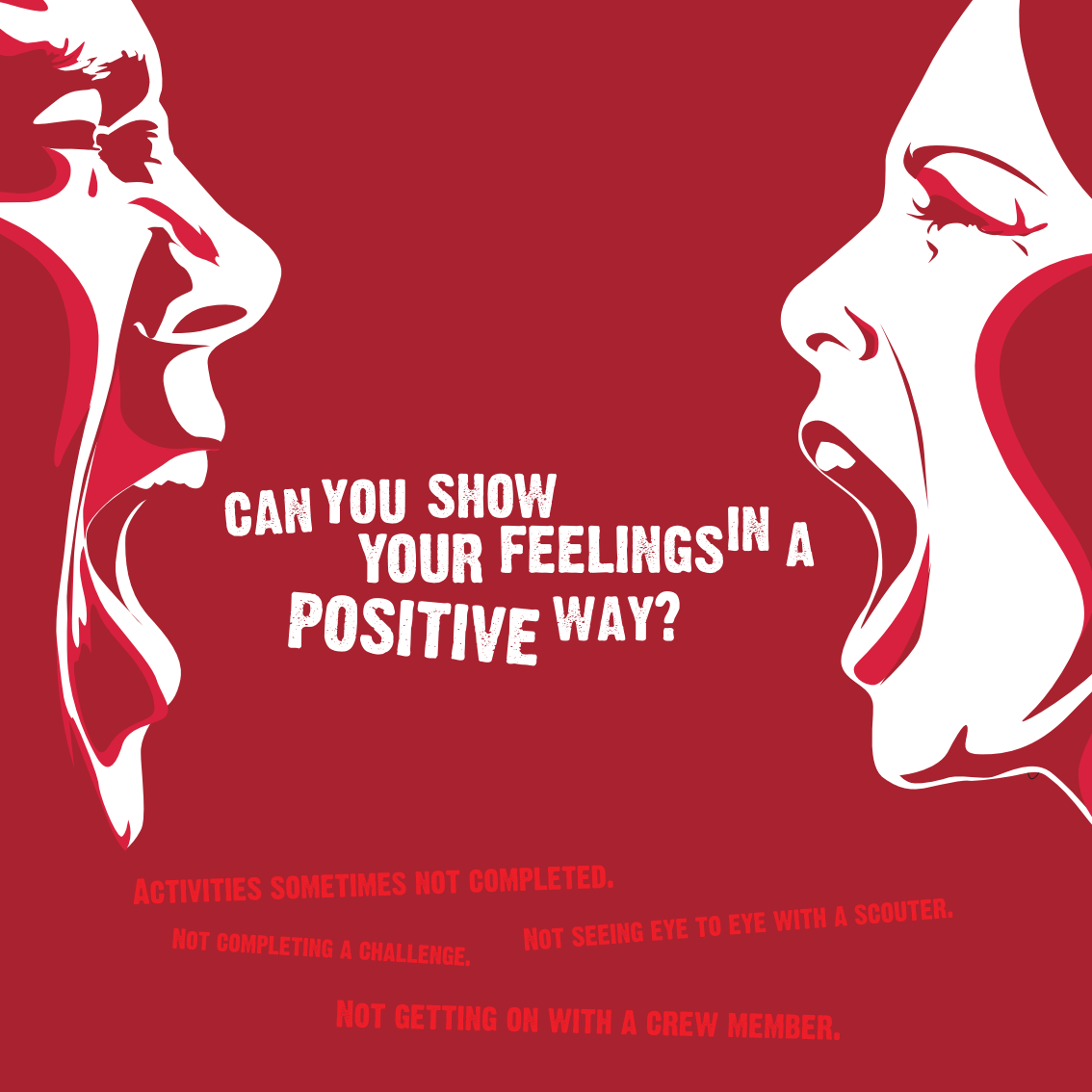


Ideas & thoughts



EMOTIONAL





**CAN YOU SHOW
YOUR FEELINGS IN A
POSITIVE WAY?**

ACTIVITIES SOMETIMES NOT COMPLETED.

NOT COMPLETING A CHALLENGE.

NOT SEEING EYE TO EYE WITH A SCOUTER.

NOT GETTING ON WITH A CREW MEMBER.

Ideas & thoughts



EMOTIONAL



Error Error



Do you have the confidence to deal
with all that life can throw at you?

OK

*Some activities will
not work as planned.*

*Wet weather
alternatives.*

*Some activities will
push limits.*

Hey, looks like you're
having a bad day!

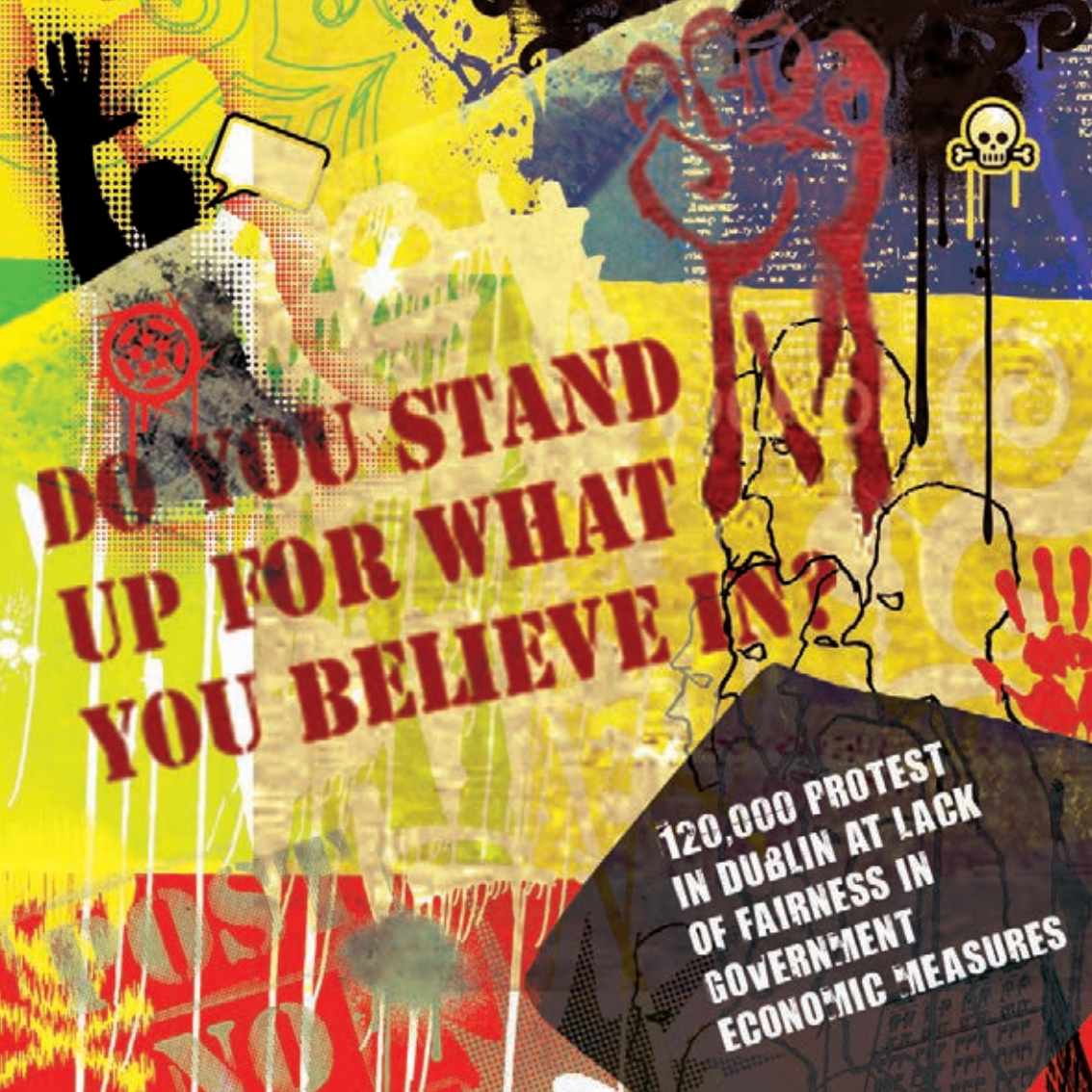


Ideas & thoughts



EMOTIONAL





**DO YOU STAND
UP FOR WHAT
YOU BELIEVE IN?**

**120,000 PROTEST
IN DUBLIN AT LACK
OF FAIRNESS IN
GOVERNMENT
ECONOMIC MEASURES**

Ideas & thoughts



EMOTIONAL





**Do you try
to develop
your talents?**

developing an adventure skill
achieving a special interest

Ideas & thoughts



EMOTIONAL



[illegible]



Spiritual

The physical world is a wonderful place, but there is more to it than meets the eye. It is not just a collection of things. Spirituality is that something 'extra' that links it all together. Take the time to observe the world and think about how it works. Define your own ideas on what spirituality means for you and it will influence the way you look at the world.

Scouts own.
Time is given on activities for
individual spiritual beliefs.

88% of respondents of a survey
claimed to believe in a God.

21st Century Faith Report, 2009
(ISE, Trinity College)

Do you
stand by
your spiritual
beliefs?

Ideas & thoughts



SPIRITUAL



**Do you make
a positive
impact on the
environment?**

Using public transport for unit activities.

Recycling waste in the scout den.

"Britain's first eco-nightclub powered by opening its doors."
Daily Mail,
July 10, 2008

Using public transport for unit activities.

**Recycling
waste in
the scout
den.**

"Britain's first eco-nightclub powered by pounding feet opens its doors."
Daily Mail
July 10, 2008

It's
Daily Mail,
July 10, 2008

Ideas & thoughts



SPIRITUAL



The great outdoors.
The scouting spirit.
Treating others with respect.

80% believe it is good
that children in Ireland
are growing up in a
multicultural society.

IMS Survey, May 2005,
(Sunday Tribune)



**DO YOU SEE GOD IN THE
WORLD AROUND YOU?**

Ideas & thoughts



SPIRITUAL



A large, white blimp with a blue stripe is flying in a clear blue sky. The blimp has text on the blue stripe. Below the blimp, a highway with a metal guardrail is visible. A billboard is positioned in the foreground, partially obscuring the highway. The billboard has a white background with a dark border and contains text in blue and red. Above the billboard, there is a white box with black text. The overall scene is a promotional advertisement for a spiritual or religious group.

Irish people top the European
list in terms of believing in God.
European Barometer Survey, July 2005

The great outdoors.

Reflections.

Appreciating the members
of your unit.

**DO YOU SEE
SPIRITUALITY
AS A VITAL PART
OF YOUR LIFE?**

Ideas & thoughts



SPIRITUAL



[illegible]





Scouting Ireland
Larch Hill, Dublin 16
www.scouts.ie