



Dating back to the Benedictine monks who built the Abbey, St Albans has a reputation to welcome all visitors and to...

“keep the tradition of hospitality alive”, *The Very Reverend Dr Jeffrey John, Dean of St Albans*

This value of being welcoming and friendly is one also held strongly by Girlguiding which is why members of the 1st St Albans Senior Section have developed the

“St Albans Challenge Badge” *(not exact image)*



We look forward to welcoming you to St Albans, Hertfordshire!

Please contact Lucy Davies to register that you are taking up our Challenge!

jlajr.davies@googlemail.com

St Albans Challenge Badge: a resource for all sections

St Albans is in south Hertfordshire. Girlguiding is hugely popular in St Albans with 55 active units across all sections and over 1,500 members.



What's great about where you live?

St Albans is great and we love living here! St Albans is easily accessible and an ideal place to live and visit. As St Albans residents, we can be:

- enjoying the hustle and bustle of the centre of London within 20 minutes;
- paddling and eating ice cream on the beach in Brighton within 2 hours;
- strolling through one of the newest Forests in England within 10 minutes; or simply
- sitting in peace and tranquillity at the shrine of St Alban within a few minutes.

We are so proud of our charming city and would love to welcome you to St Albans and the surrounding district which is bursting with history and fascinating facts **BUT** this challenge badge is designed so that you can take part without visiting St Albans.

The city is named after "Alban" - Britain's first Christian Martyr

In 2007, Nobel Peace Prize winner and champion of human rights, Archbishop Desmond Tutu visited St Albans and addressed a congregation during the annual Albantide Festival

Michael Morpurgo (author) was born here in October 1939

St Albans Scout and Guide Gang Show is reputedly one of the best in the country
<http://www.stalbansgangshow.com/>

Heartwood Forest (on the edge of St Albans) is the newest, and will eventually be one of the largest, native forests in England

The Hot Cross Bun is said to have originated at St Albans Abbey - known as The Alban Bun

Sir Stephen Hawking (theoretical physicist) lived and attended school in St Albans before going to Cambridge University to study physics

Research which ultimately led to the creation of the "bouncing bomb" (used in World War II) was carried out near to St Albans

Stanley Kubrick (film director) lived and worked in St Albans

The first meeting that led to the writing of the Magna Carta was held in St Albans

St Albans Challenge Badge

To achieve the St Albans Challenge badge:

- Rainbows - complete at least one challenge from each section
- Brownies - complete at least two challenges from each section
- Guides & Senior Section - complete at least three challenges from each section
- Adults and Trefoil Guild - complete as many challenges as you want!

This challenge badge is divided into four sections.

Section 1	Taste your way around the world
Section 2	Our green and pleasant land
Section 3	A historical place
Section 4	The heart of where we live

- Each section includes at least 6 challenges to choose from, hopefully providing something appropriate for all ages and abilities.
- Leaders should check the Guiding Manual and follow appropriate Girlguiding guidelines when planning activities.
- As we have said, it would be lovely for you to visit St Albans and complete some of the challenges here but you can also adapt them for the village, town or city where you live.
- Please feel free to adapt any of the challenges to suit the ability of your members.
- You can even link activities from different sections. For example, plan a picnic (from Section 1) and a Scavenger Hunt (from Section 2) at your local park.
- You can take the challenge further by working towards an interest badge as some of the activities will link and overlap (for example, Cooks, Out and About, World Cultures)
- You may need to access the internet to do some research into how to get to St Albans - just follow internet safety guidelines and use your favourite search engine to find out what you need to know!
- There is no time limit for completing the challenges. Once you have completed, simply fill in the Report (page 8) and Badge Order Form (page 9).

When completing the challenges, remember to respect the environment and love the place you live!

Section 1 - Taste your way around the World



St Albans has a multicultural population that is celebrated and recognised in the diverse number of food outlets serving delicacies from all around the world.

From “Anastasia’s” (serving Greek) to “Zaza’s” (serving Italian).

St Albans market:

- is a colourful and vibrant market with over 160 stalls selling everything from apples to zips;
- is held on Wednesdays and Saturdays all year round;
- holds a Farmer’s market once a month;
- has an annual continental market; and
- a German Christmas market.

Challenges

- 1 Visit your local market. Markets always have a good choice of fruit and vegetable stalls. Set yourself a budget and have a shopping list to buy the ingredients to develop your own “Smoothie”, Fruit Salad or ‘Mocktail’.
- 2 Play the ‘market memory game’. You can keep it simple and list any items that you might find at your local market or make it harder by having a theme (fruit and veg) or even saying items alphabetically:
“I went to market and I bought an apple.”
“I went to market and I bought an apple and some bread.”
“I went to market and I bought an apple, a some bread and a canoe.” etc
- 2 Set up a market stall at your unit. You could serve food from around the world, or make and sell homemade craft items. This could be a fundraiser or just for fun!
- 3 Visit a local restaurant or supermarket and explore the menu or foods sold. Use your visit as inspiration to plan a traditional dish or meal from another culture or country.
- 4 Prepare a traditional dish or meal from another culture or country. Serve it to family, friends or the girls or leaders in your unit.
- 5 Collect labels from food packets from other countries. Create a scrapbook or collage.
- 6 Plan, attend and enjoy a picnic in a local park.
- 7 Hot cross buns are said to have first been made at St Albans Abbey - originally known as The Alban Bun. Hold a unit “Bake Off”. Invite a local celebrity - or this is the sort of job your District Commissioner will enjoy - to be the judge!
- 8 Have you heard of the Tesco “Farm to Fork Trail”? Tesco offers local groups the opportunity to visit their larger stores to find out how and from where food is sourced. Other supermarkets offer similar initiatives so contact them for details.
<http://www.eathappyproject.com/farm-to-fork/>

Section 2 - Our green and pleasant land



St Albans is in an ideal location for enjoying our green and pleasant land! All city centre residents are lucky enough to have a public park or green space within 5 minutes of their front door. The Woodland Trust have recently taken over 850 acres of land just outside the city centre of St Albans. Some of the land is already established woodland but by planting an additional 600,000 trees, Heartwood Forest is set to become one of the largest native broadleaf forests in England.

Challenges

- 1 Simply hold your unit meeting outside in your nearest green space!
- 2 Organise a scavenger hunt at a local park.
- 3 Plan an orienteering event or join an event organised by your local Guiding area. Verulamium Park in St Albans has an orienteering challenge set out.
- 4 Explore a local park or woodland using your senses! Use a magnifying glass to look closely at plants, flowers, and trees. Peer under logs and rocks for bugs and insects. Sniff the air, flowers and trees. Feel rough bark or sticky sap. Listen to the sounds of birds, water and animals. Record your findings - you could do bark rubbing. Remember to respect the Countryside Code!
- 5 Grow some bulbs or seeds or “Plant a tree” - permission is normally needed for this. Heartwood Forest organise tree planting events.
- 6 Visit a local outdoor place of interest: zoo, monument, farm park
- 7 From the ground, gather leaves, seeds, pebbles, twigs and make a natural collage.
- 8 Enjoy the weather! We have no control of the weather so embrace it and get outside no matter what! Go kite flying or jumping in puddles!
- 9 Organise a campfire and enjoy a traditional campfire sing song!

Section 3 - A historical place



St Albans has a fascinating history dating back to before Christ. Originally named Verlamion, in AD50 the Roman City of “Verulamium” was founded but was soon destroyed by Queen Boudicca. In the third century, a local Christian named Alban was martyred for his beliefs. The original Abbey was built around AD793 and the town of St Albans grew around the Abbey. Two battles in the War of the Roses took place in St Albans. The Abbey Church was granted Cathedral status in 1877 and the town became a “City”. Many famous people and celebrities have association with St Albans.

Challenges

- 1 Roman history: there are remains of an 1,800 year old Roman mosaic housed in Verulamium Park. Create your own mosaic. You can use clay pieces, paper shapes, recycled wrapping paper.
- 2 Visit a local museum or invite a local historian to your meeting and find out about the history of where you live.
- 3 Plan and run a quiz night about your local area - you could make this a family or District/Division event.
- 4 The Clock Tower in St Albans was built in 1403 and is the only medieval town belfry in England! Visit the St Albans clock tower, climb the narrow 93 steps to the top and enjoy views over St Albans and District

OR plan some activities based around the number “93”. For example

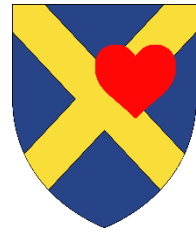
- Hold a sponsored event over 93 minutes.
 - Take 93 paces from your unit meeting place and see where you end up!
 - Walk, run, cycle or swim 93 kilometres between the members of your unit - you may need to do this over a longer period of time.
- 5 The document that became known as The Magna Carta started life in St Albans. It was a ‘peace treaty’ signed and sealed in 1215 and is the first official British document establishing that everyone was subject to law and accordingly had rights. Although many of the clauses of the Magna Carta have been rewritten in modern day law, the principle of ‘justice and fairness for all’ still stands:

Play a game or organise an activity that explores justice and fairness.

- 6 Michael Morpurgo was born in St Albans:

Hold a ‘book’ event - this could be a book review, dressing up as a book character, holding a book sale or writing your own stories.
- 7 Stanley Kubrick (film director) lived and worked in St Albans. Organise a movie night - but please steer clear of Stanley Kubrick films!
- 8 Research that led to the development of the “bouncing bomb” used in World War II took place near St Albans. Book a bouncy castle and have a thoroughly bouncy time!
- 9 Find out about the Story of St Alban. Use the information to create a fact-file, collage, poster or you could even re-enact the story

Section 4 - The heart of where we live



Question: What else is so great about St Albans?

Answer: The number of opportunities to keep our hearts, bodies and minds active and healthy!

A huge range of sporting activities are available such as walking, running, swimming, archery, scuba, kayaking, yoga, boot camps, cycling, golf, badminton, squash, tennis, martial arts, dance, gymnastics, football, hockey (including underwater!), rugby, croquet.... the list is endless. Even beach volleyball - St Albans was lucky enough to receive sand from the London 2012 beach volleyball courts!

Challenges

- 1 Try a sport that you have never tried before.
- 2 Organise a mini-olympics competition.
- 3 Invite someone to your unit to teach you dance, self-defence or other discipline sport.
- 4 Find out about and play seated volleyball.
- 5 For one week, keep a record of the activities you do that make your heart beat faster.
- 6 Visit and take part in a fitness trail or circuit exercise course.
- 7 Take part in an adventurous sport: archery, climbing, abseiling, kayaking, sailing or anything you can think of! Remember to check the A-Z of adventurous activities in the Guiding Manual for qualifications and rules.
- 8 Make up your own activity to keep your hearts, bodies and minds healthy - don't forget to tell us about it in the Feedback!

REPORT - please complete and return with your badge order form

To achieve the St Albans Challenge Badge, we completed the following activities:

Section 1

1

2

3

Section 2

1

2

3

Section 3

1

2

3

Section 4

1

2

3

Please add feedback here - what did you enjoy most, were the Challenges adaptable for your Unit, were the Challenges 'challenging' enough? (*continue overleaf if necessary*)

Please send your completed report, badge order form and payment to:

Lucy Davies
St Albans Challenge Badge
26 Marten Gate
St Albans
Hertfordshire AL4 9NB

Badges will be allocated once you have registered that you are participating in the Challenge Badge and will be dispatched on receipt of the Feedback and Order forms.

BADGE ORDER FORM

As you near completion of the challenges, fill in and return this form to order your badges.

Unit Name:

Rainbow / Brownies / Guides / Senior Section / Adult / Trefoil Guild

(Please circle)

County

Leader's Name

*Address where badges should
be sent*

Postcode

*Phone or email in case of
queries:*

*Number of badges required @
£1.25 each*

*For St Albans Division Units, badges can be collected from me or dropped off at unit meeting
place or Depot (no charge).*

Please add postage according to the number of badges you order:

Up to 30 badges £1.50

31-100 badges £3.30

Total amount enclosed £

*Please make your cheque
payable to:*

1st St Albans Senior Section

For BACS payment:

Account Name: 1st St Albans Senior Section

Account Number: 28281168

Sort code: 30-97-25

Reference: [Unit Name-Challenge-Number of badges]

For example: 1StAB-Challenge-24

*Any profits from the sale of the badges will be split equally between the Guide Friendship Fund
and the rebuilding of Shree Sunkoshi Primary School in Nepal*

Girlguiding St Albans Division is an operating name of the Guide Association Anglia Region. Registered Charity No. 278508
