

Personal Growth Program Ideas for Venturers

Are you trying to get your Milestones but don't have enough personal Growth nights in your program? Well, this is your document!

The Victorian Venturer Council has put together guides of some of the activities that your Unit can add to their program. These are a series of documents divided into each of the 4 different challenge areas. Each Challenge Area has also been broken into a number of sub-categories to help you find suitable ideas.

These guides are just foundational ideas for your Unit to build on and change to fit your needs. Remember to make your program Adventurous, Fun, Challenging and Inclusive - Happy Venturing!

Sub-categories:

- Academic & Career Development
- Adventure & Sport
- Astronomy & Science
- Challenge & Strategy Games
- Community Service & Engagement
- Construction
- Creative & Design
- Cultural Exploration
- Educational & Workshops
- Environmental Awareness & Education
- Nature and Environment
- Exploration & Travel
- Fashion & Beauty
- Film, literature, Media & Photography
- Fitness & Wellbeing
- Food & Cooking
- Games & Competitions
- Historical & Heritage Tours
- Mindfulness & Spiritual Practices
- Performance Arts
- Physically Fun Activities
- Scout skills
- Safety and First Aid
- Science and Technology

Academic & Career Development

Activity	Explanation.
Australian Citizenship practice test	Testing knowledge of Australian citizenship followed by writing custom questions.
Balloon Debate	A debate where participants argue why they should not be thrown out of a sinking hot-air balloon.
Court Visit	Visiting a court to observe proceedings.
Debating night.	Two teams verse each other in debates over topics
Induction Night	Welcoming new members and explaining unit procedures.
Logbook night	Updating logbooks with achievements and activities.
Mock Trial	Participate in a simulated legal trial, taking on roles as lawyers, witnesses, and jurors.
Newspaper Visit	Visit a newspaper office to learn about journalism and media production.
Nuclear Debate	Engage in a structured debate on nuclear-related topics, exploring different perspectives and arguments.
Parliament House Visit	Tour the seat of government to learn about politics and governance.
Plan for a Period of Time	Collaboratively plan future events or activities for the unit.
Practice Job Interviews	Prepare for future career opportunities by simulating job interviews and receiving feedback.
Presentation night	Giving presentations on various topics. Everyone who wants to can give it a go. Consider inviting a person from Toastmasters
Public Speaking	Receive tips and guidance from experts to improve public speaking skills.
Public speaking	Practicing public speaking skills. Consider inviting a person from Toastmasters
Queen's Scout Award	Hear from previous recipients about their experiences earning the Queen's Scout Award and their achievements.
Social Media Workshop	Learning about social media use and safety.
Visiting the Melbourne Magistrate's Night Court	Gain insight into the legal system by attending a session at the Melbourne Magistrate's Night Court, learning about court proceedings and legal processes.

Adventure & Sport

Activity	Explanation.
Abseiling/Rappelling	Learning and practicing rappelling techniques.
Action sports	Participating in cricket, netball, and soccer.
Air Activities	Engaging in various activities related to air sports.
Archery	Participating in archery activities.
Fencing	Learning and practicing fencing.
High Ropes Course	Navigate a high ropes course with challenging obstacles.
Horse Riding Excursion	Ride horses and learn about horse care and handling.
Judo	Learn and practice the martial art of judo.
Rifle Shooting	Learn firearm safety and marksmanship skills under the supervision of trained instructors.
Rock Climbing Trip	Visit a local rock-climbing facility to learn and practice climbing techniques.
Ropes Challenge	Make a stretcher out of ropes and sticks and raise to save a life ...
Scuba Diving	Learn about scuba diving skills with guidance from certified instructors.
Gymnastics Session	Participate in gymnastics activities and exercises.
Sea Kayaking	Going sea kayaking.
Skiing - See and Ski Days	Enjoy skiing activities during designated "See and Ski" days, promoting outdoor recreation and fitness.
Snorkelling	Learning and practicing snorkelling.
Surfing	Learn to surf and enjoy water sports activities at the beach, promoting physical fitness and outdoor recreation.
Survival Techniques	Learn essential survival skills such as shelter building, fire starting, and navigation in outdoor environments.
Target Shooting	Engaging in target shooting activities.
Team Activities at the Beach	Plan teamwork-based activities at the beach, promoting collaboration and bonding in a fun outdoor setting.

Astronomy & Science

Activity	Explanation.
Astronomy night	Observing the night sky and learning about astronomy.
Astronomy night - Observatory	Book in with an observatory e.g. Mt Burnett and learn about the Night Sky above us while looking through telescopes.
Forensic Night	Learning about forensic science through activities.
Palaeontology	Invite a guest speaker to discuss fossils, dinosaurs, and the science of palaeontology.

Challenge & Strategy Games

Activity	Explanation.
Blind Construction	Building structures while blindfolded.
Blindfold wide game	Playing wide games while blindfolded.
Challenge Night	Completing various challenges in small teams.
Initiative Night	Engage in activities that require problem-solving and teamwork.
Knot Tying Competition	Compete in various knot-tying challenges and demonstrate knot knowledge.
Lock picking	Learning and practicing lock picking techniques.
Mystery Hike Night	Embark on a hiking adventure with clues leading to undisclosed destinations along the trail.
Cards	Playing card games.
Team building exercise	Building a human pyramid as a teamwork-building activity.

Community Service & Engagement

Activity	Explanation.
Blood donation	Participating in a blood donation drive.
CFA Visit	Visiting the Country Fire Authority.
Charity Collection	Collecting donations for charity.
D24 Visit	Visit the police D24
Guide Dog Open Day	Attend an event to learn about guide dogs and their training.
Hall cleanup night	Cleaning and organizing the scout hall.
Joey Scouts	Engage in activities tailored for Joey Scouts, aimed at younger participants.
Meals on Wheels	Volunteer to deliver meals to those in need, fostering community service and empathy.
Police Station Visits	Learn about law enforcement and community safety with visits to local police stations or search and rescue units. Consider the special branches (e.g. Airwing, Local station, Search, and rescue, ... if nearby)
RAAF Visit	Arrange a visit to a Royal Australian Air Force base to learn about aviation and military operations.
RSL Information Night	Learn about the RSL and its activities by visiting a local RSL club.
S.E.S. Visit	Visit the State Emergency Service to learn about emergency response and community service.
Service in a Soup Kitchen	Volunteer at a local soup kitchen to help prepare and serve meals to those in need.
Service Night	Dedicate an evening to performing acts of service in the community, such as cleaning up a park or assisting at a local charity.
Working at an Old Person Home	Volunteer at a nursing home or elderly care facility to assist with various tasks such as serving dinner and providing companionship to residents.
World Scout Dollar Day	Participate in World Scout Dollar Day on February 22nd to raise funds for overseas charities and support global Scouting initiatives.

Construction

Activity	Explanation.
Building a Billy kart	Constructing furniture or karts for unit use.
Building furniture	Constructing furniture, perhaps invite a cabinet maker/builder
Construction night - Lollypop Bridge	Building chariots - Use lollypop sticks to create a bridge and different sized weights to be placed on the bridge.
Constructive Object Challenge	Task participants with constructing a specific object or thing using any materials they can find, promoting creativity and teamwork.
Electronics Disassembly Night	Take apart old electronics like TVs and DVD players to learn about their inner workings.
Pull-Apart Night	Disassemble old equipment using screwdrivers and tools to learn about mechanics and engineering.
Construction night	Building structures or objects based on a theme.
Construction or badge work	A program night focused on construction projects or working towards earning badges.

Creative & Design

Activity	Explanation.
Bob Ross painting night	Painting sessions inspired by Bob Ross.
Experiments night	Conducting scientific experiments.
Flower Arranging	Arrange flowers in creative and decorative displays.
Origami	Learn the art of paper folding to create intricate designs and sculptures.
Painting Night	Local artists can teach painting basics, fostering creativity and expression.

Cultural Exploration

Activity	Explanation.
American evening	An evening celebrating American culture through food, activities, and entertainment.
Around the world night	Learning about and experiencing different cultures through food, traditions, and costumes from various countries.
Canada night	A night focused on Canadian culture.
Chinese Cookery	Learning and cooking Chinese dishes.
Cultural night	Sharing food, dress, and information about different cultures.
French Food and Customs	Explore French cuisine and cultural practices.
Fun Games with Learning	Play games that incorporate educational elements.
International Themed Night	Explore different cultures by discussing, dressing up, and cooking food from various countries.
Japanese Night	Learn about Japanese culture through activities, food, and traditions.
Scout shows	Showtime or ... Take a look at what is on near you
Aboriginal Culture	Aboriginal Culture - Everyone researches and brings a story/fact
Aboriginal Culture - Invite a speaker	Exploration of Aboriginal culture through tours or talks.
Buddhism	Learning about Buddhism from a practicing Buddhist.
Chinese New Year	Celebrating Chinese New Year.
Hinduism Exploration	Learn about Hindu beliefs and practices.

Educational & Workshops

Activity	Explanation.
Play the recorder	Learning to play the recorder.
Visit a Fitness Centre	Arrange a trip to a local fitness centre for a workout session or to learn about different exercise routines and equipment.
Web Design	Learning about web design and creating websites.

Environmental Awareness & Education

Activity	Explanation.
Dumpster Diving Night	Explore food waste by diving into dumpsters and discussing findings.
Environment.	Ask Branch Commissioner to come and speak to Unit
Recycling Visit	Learn about recycling processes and environmental sustainability by visiting recycling facilities or organizations.
Sewerage Farm Visit	Explore waste management and environmental sustainability by visiting a sewerage treatment facility.
Worm Farming	Learning about and setting up worm farms.

Environment and Nature

Activity	Explanation.
Great Victorian Bike Ride	Participate in a multi-day bike ride event during summer.
Dog training	Bring your dogs and learn tricks
Pet care night	Learning about caring for pets.
Petting Zoo	Visiting a petting zoo or make your own
RSPCA Guest Speaker	Invite a speaker from the Royal Society for the Prevention of Cruelty to Animals to discuss animal welfare and advocacy.
Go Forest bathing.	You into an environment with trees and use your senses to identify what is around you.
Go bird spotting	See how many different types of bird you can spot and how many you can identify.
Owl hunt.	See if you can find any owls while on a night hike. You might also keep an eye out for other nocturnal creature like possums.

Exploration & Travel

Activity	Explanation.
Compass and mapping night	Learning about compasses and maps.
Jamboree of the Air, Jamboree of the Internet	Participate in global scouting events held on the third weekend of October.
Map Reading	Learn and practice map reading skills for navigation and exploration.
Mapping night	Venturers are dropped off at a location and must find their way to a designated spot using maps.
Melbourne Airport Customs Visit	Tour the customs area of Melbourne Airport for an educational experience.

Fashion & Beauty

Activity	Explanation.
Costume making night	Making costumes for various themes.
Do crazy make up.	Test out those makeup skills and see what you can create.
Runway.	Make runway garments and present to unit. Use makeup, hair styles, and outfits.
Fashion Parade	Hosting a fashion show. Combine with costume making if you like

Film, literature, Media & Photography

Activity	Explanation.
Cameras	Receiving photography tips from a camera club.
Make a Movie	Collaboratively write, shoot, and edit a short film.
Movie Making	Collaboratively write, shoot, and edit short films.
Photography Night	Receive tips from a photographer and participate in a photography competition.
Reading Night	Sharing and discussing favourite books.

Fitness & Wellbeing

Activity	Explanation.
Bikram Yoga	Participating in Bikram Yoga sessions.
Boxing fitness class	Participating in boxing fitness sessions.
Fitness Bootcamp	Participating in a fitness boot camp.
Gym Night	Learn about fitness and exercise at a gym facility.
Martial arts	Participating in Martial arts - Judo, kickboxing, etc
Nap and Yoga Night	Relax with a nap session followed by rejuvenating yoga exercises.
Personal Training	Learn about fitness and health with personalized training sessions.
Tai Chi night	Engaging in Tai Chi exercises.
Trampoline at Bounce	Visit a trampoline park for exhilarating jumping and bouncing activities, promoting physical fitness and fun.
Weightlifting	Engaging in weightlifting exercises.
Yoga	Engaging in yoga exercises.
Zumba	Get active and energized with a Zumba fitness session, combining dance and aerobic movements to upbeat music.

Food & Cooking

Activity	Explanation.
Backwoods cooking night	Cooking using outdoor methods without conventional kitchen tools.
Cooking Blind	Cooking meals in small groups with ingredients but without recipes while blindfolded.
Kitchen Wars	Compete in teams to create desserts using limited ingredients, judged on creativity and quality.
MasterChef Night	Emulate the popular cooking show, with some unit members acting as judges.
Parent Dinner	Venturers cook and host a dinner for their parents, showcasing their culinary skills.
Trangia Cooking Night	Host a night where participants use Trangia stoves to prepare meals, encouraging outdoor cooking skills and creativity.

Games & Competitions

Activity	Explanation.
All tied up with a twist	Venturers are tied together at the arms and must complete tasks using only one arm each.
Blindfold night	An evening of activities conducted while blindfolded.
Box Fort Night	Building and playing in box forts.
Floor is Lava Night	Construct elevated platforms and spend the night without touching the ground.
Hobbies Competition	Showcase and compete in various hobbies and interests.
Make Up New Games for Younger Members	Invent and play new games suitable for younger scouting members, such as Joeys and Cubs.
Minute to Win It Night	Compete in a series of mini games that must be completed in under one minute, with each chair member leading a different activity.
Natural Board Games	Making board games out of leaves, sticks, and branches from outside with only few members in each group and are then pressured to be doing it on time of about 10min. Later can be presented to judges to pick a final winner.
Escape room	You go into a room and have to follow clues to get out. Make your own or go to a business

Historical & Heritage Tours

Activity	Explanation.
Historical Society Visit	Tour a historical site or museum hosted by a historical society.
Lunatic Asylum Tour	Explore the history of a former lunatic asylum on a guided tour.
Scout History	Look into scout history and heritage.
Visit an RSL	Visit your local RSL
Attend a dawn service.	Attend a Dawn service.
Visit historical landmarks	E.g. dams, water works, mines, aqueducts, historic buildings
Invite someone with a unique experience	E.g. veterans and historians, refugee.
Visit a museum	Go and visit a museum.

Historical presentations	Get into groups and make PowerPoints about something from history (it can be good to pick a topic, e.g. a major event, or period in history) then present to the group.
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Mindfulness & Spiritual Practices

Activity	Explanation.
Meditation	Practice mindfulness and relaxation techniques through guided meditation sessions.
Promise & Law	Reflect on the Scout Promise and Law, discussing their meanings and applications in daily life.
Relaxation Night	Engaging in activities focused on relaxation and stress relief.
Religions	Explore different religious beliefs and practices through discussions and guest speakers.
Visit a place of worship.	Visit a place of worship.
Stress management night	Learning stress management techniques.
Relaxation through nature.	Do for a walk-through or sit in nature. Use your senses (what can you smell, hear, see, taste, feel.)
Breathing.	Talk about and practice different breathing techniques.
Visiting a Local Community	Explore the culture and traditions of a community by visiting and engaging in discussions with members.
Yoga	Participate in yoga.

Performance Arts

Activity	Explanation.
Acting	Engaging in acting exercises or performances.
Ballroom Dancing	Learning and practicing ballroom dance moves.
Bringing instruments and playing them	Sharing and playing musical instruments.
Choirs	Participating in choir singing sessions.
Comedy night	Engaging in various comedy-themed activities.
Dress up night	Dressing up according to a theme ('70's, Drag, Aliens, Famous people, ...).
Drumming workshop	Invite a professional or experienced drummer to teach some drumming skills

Hip hop dance class	Participating in a hip hop dance class.
Improvisation Night	Learn and perform improvisational skits with the guidance of a teacher.
Karaoke Night	Sing your heart out with friends during a karaoke session.
Music Night	Learn to play simple instruments and perform a song together as a group.
Musical Evening	Enjoy performances of music, songs, and instrumental pieces by unit members.
Puppet Making and Performing	Create puppets and put on entertaining performances for fellow venturers.
Sing a Song Guessing Game	Sing a song and challenge others to guess its name, adding a musical twist to the night.
Square Dancing	Learn square dancing steps and participate in traditional dance routines, promoting social interaction and cultural appreciation.
Talent Show/Quest	Host a talent show where participants can demonstrate their skills and entertain the audience, fostering confidence and camaraderie.
Theatre Games	Emulate the style of improv comedy shows like "Thank God You're Here" with spontaneous scenes and games, fostering creativity and quick thinking.
Theatre Sports	Engage in improvisational theatre games like "In-a/With-a/While-a" and "One-Word Story" to promote creativity and teamwork in storytelling.
Dress up disco night	A disco night where participants dress up in costumes.
Belly Dancing	Learning and practicing belly dance moves.
Dance Night	Learning and practicing various dance styles.
Eyes Wide Shut night	Conducting activities while blindfolded.

Physically Fun Activities

Activity	Explanation.
Billiards night	A night dedicated to playing billiards.
Darts night	Playing darts.
Easter Egg Hunt	Participating in an Easter egg hunt.
Games Night	Bring board games, card games, or similar activities for a large group to enjoy.

Orange War	Participants use spoons and spatulas to keep oranges balanced while trying to knock other players' oranges off. Last orange standing wins. variations can include swapping out the orange for items like eggs or Hackey Sacs.
Pool party	Having a party at a swimming pool.
Roller Skating/Blading	Going roller skating/blading.
Theme Park visit	Going to a theme park.
Trivia Night	Host a trivia competition with themed questions, encouraging friendly competition and knowledge sharing.
Two-Minute Noodle Eat-a-Thon	Challenge participants to eat as many two-minute noodles as possible within a set time limit, adding a fun twist to mealtime.
Wrestling/Jelly Wrestling	Engaging in wrestling activities.

Scout skills

Activity	Explanation.
Badge sewing night	A night dedicated to sewing badges onto uniforms or sashes.
Practical night	Learning practical skills relevant to Venturing.
Peak award planning night.	Plan how you will get your peak award. Map out when you want to summit everything and what badges you are going to need to get.
Fire lighting	Learning different methods of lighting fires.

Safety and First Aid

Activity	Explanation.
Beach/water safety night	Learning about beach and water safety.
First Aid and CPR	Learning CPR and first aid techniques.
First Aid Courses	See training calendar
First Aid Scenarios	Practicing first aid skills in various scenarios.
Wilderness First aid.	Complete a wilderness first aid course.
First Aid Techniques	Learning and practicing first aid techniques.

Complete Safe training.	Participate in an OAS safety course.
Marine First Aid	Learning first aid techniques specific to marine environments.
Mock Emergency Hike	Simulate an emergency situation during a short hike.
Safety on the water	Learning about water safety.
Self-defence	Learning self-defence techniques.
St. John's First Aid Visit	Visit St. John's Ambulance for first aid training and education, emphasizing the importance of emergency response skills.

Science and Technology

Activity	Explanation.
Bottle rocket night	Building and launching bottle rockets.
Deconstruction night.	Bring some old junk to see how it works the try to put it back together
Radio Scout Radio and Electronics Service Unit	Collaborate with a radio and electronics service unit to explore communication technology and amateur radio operation.
Rocket launching	Building and launching rockets.
Microwave night.	See what happens when you put all the things you've always wanted but haven't been allowed to into a microwave.
Car Maintenance information night	Learning about car maintenance and demonstrations.
Computer Engineering	Learning about computer engineering.
Motor Mechanic Night	Learn practical skills like changing a tire with a guest speaker who is a motor mechanic.
Shoe polishing	Learning how to polish shoes.
Welding	Learning about welding techniques - Try a local TAFE
Woodwork	Engaging in woodworking activities.