

# Girls Can #UNIVERSITY



# **Congratulations, you passed those exams and you're off to University.**

There are many new firsts ahead of you, first time living away from home, maybe even first time doing your own washing?

Well we have you covered for another first: your first Girlguiding University Badge!

This badge covers all the adventures we enjoyed in our time as students as well as a few things we wish we knew when embarking into the world of student life and student Guiding!

To achieve this badge complete 10 points from each of the 4 sections and fill out the order form at the end. Have fun!

# Life Admin:

## Register with a General Practitioner (GP) (3 points)

Many universities have their own student health centres and often this is the best place to register as they will have experience with writing medical letters for the University and increased staff around the exam period.

This link will give you a list of all the local GPs to your postcode:

<https://www.nhs.uk/using-the-nhs/nhs-services/gps/how-to-register-with-a-gp-practice/>.

The GP practice must accept you, unless there are reasonable grounds to refuse you. These must not relate to race, gender, social class, age, religion, sexual orientation, appearance, disability or a medical condition. You don't need to be an English resident to access GP services without charge.

## Do your first load of washing (3 points)

Washing machines can seem complicated, there are many settings and you'll likely have multiple types of clothing. If you wish to become a



washing machine expert then we recommend the following link:  
<https://www.wikihow.com/Use-a-Washing-Machine>

If you're like us, you may have no clue so here are the basics!\*

You will need: dirty clothes, washing powder and fabric softener (you'll thank us later!)

There are three temperature settings 30°C, 40/50°C and 60°C, most things are fine at 30 but we recommend towels and bedding at the higher temperature.

Most adults will separate their clothes into a whites and a coloured wash, this is due to colours running and dying your nice white top a little pink! If the clothes are new they're more likely to run.

Settings will alter based on what your load is and how long you have to wash them. Most machines will come with a quick wash setting for when you're in a hurry.

Lastly, don't forget to empty all the pockets in your clothes!

\*NB: This is based off our experiences and parental advice we certainly do not claim to be experts!

Cook yourself a meal observing our Food Hygiene guide.  
Maybe you would like to use one of our recipes? (3 points)

### **Food Hygiene Guide**

1. Before you start cooking, wash your hands and wipe down surfaces with a clean cloth and mutli-purpose spray.
2. Keep the hob clean by wiping up spills as soon as possible.
3. Empty bins **BEFORE** they overflow.
4. Do the washing up after every meal.
5. Keep leftovers in the fridge but eat within 2 days and make sure they are reheated properly.

6. Fridge Tips: store meat on the bottom shelf; fruit and veg in the drawer and liquids in the door. Regularly check food hasn't gone off in the fridge and freezer.
7. Regularly clean the oven, fridge, sink and microwave with warm soapy water.

## **Recipes (adapted from student cookbook - 100 everyday recipes by LOVE FOOD)**

### **Tasty Breakfast - French Toast / Eggy Bread (serves 2)**

2 slices 2 day old white bread

100 mL milk

1 egg

Pinch of salt

2 tbsp unsalted butter

½ tsp ground cinnamon 1

tsp sugar

1. Slice the bread in half diagonally and place, in a single layer, in a shallow dish. Pour over the milk and leave to soak for 1-2 minutes, then turn over the bread.
2. Place the egg and salt in a bowl and beat well. Dip the soaked bread slices in the egg mixture.
3. Heat the butter in a frying pan until it foams, then add the bread, cook until golden brown. Drain on kitchen paper and transfer to plates.
4. Sprinkle with sugar and cinnamon and serve immediately.

### **Grab and Go Lunch - Chicken wraps (serves 4)**

150g natural yogurt

1 tbsp wholegrain mustard

280g cooked chicken breast, diced

140g iceberg lettuce, finely shredded

85g cucumber, thinly sliced

2 celery sticks, sliced

85g black seedless grapes, halved

4 flour tortillas

Pepper

1. Combine the yogurt and mustard in a bowl and season to taste with pepper. Stir in the chicken and toss until coated.
2. Put the lettuce, cucumber, celery and grapes into a separate bowl and mix well.
3. Fold a tortilla in half and half again to make a cone. Half fill with salad mixture and top with chicken mixture. Repeat with remaining tortillas, salad and chicken. Wrap in foil for a packed lunch.

### **Simple Suppers- Spaghetti with tomatoes and basil (serves 4)**

5 tbsp extra virgin olive oil  
1 onion, finely chopped  
800g canned chopped tomatoes  
4 cloves of garlic, cut into quarters  
450g dried spaghetti  
Large handful of fresh basil leaves  
Salt and pepper  
Parmesan cheese shavings

1. Heat oil in a large saucepan over medium heat. Add the onion and cook gently for 5 minutes. Add tomatoes and garlic, bring to the boil and simmer for 25-30 minutes, or until the oil and tomatoes separate. Season to taste with salt and pepper.
2. Bring a large saucepan of lightly salted water to the boil and cook for 8-10 minutes, until tender but still firm to the bite. Drain and transfer to the serving dish.
3. Pour the sauce over the pasta. Add the basil and toss well to mix. Serve with the Parmesan cheese.

### **And for dessert - Chocolate mousse (serves 4)**

300g plain chocolate  
1 ½ tbsp unsalted butter  
1 tbsp brandy  
4 eggs, separated

1. Break the chocolate into small pieces and place in a heatproof bowl set over a pan of simmering water (make sure the bowl isn't touching the water). Add the butter and melt with the chocolate, stir until smooth. Remove from the heat and stir in the brandy, leave to slightly cool. Add the egg yolks and beat until smooth.

- Find a map of where you are living and add important places to know (1 point)

Here's our page to start you off!

<https://www.facebook.com/GirlguidingBSG/>



## Find your timetable (1 point)

Don't leave this to the last minute!  
We recommend downloading it to  
your phone.

	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	24:00
Monday																	
Tuesday																	
Wednesday																	
Thursday																	
Friday																	

## Photo of a classic student moment (2 points)

Grab a snap of these classic student moments!

1. First Supermarket shop
2. Bedding shop
3. Freshers activity
4. Flat photo
5. First disaster meal
6. First free food obtained
7. A surprise kitchen item



## Pack your uniform to go to University (2 points)

Better if you've got it with you, just in case!



## Find the local restaurants (2 points)



Knowing where your local food and drink places are as well as some names of the main ones in your area will make socialising easier! Which serves the best pizza? Which does a Sunday roast?

## Add the Girlguiding safeguarding number to your phone (1 point)

For any issue related to a Safeguarding call 0207 834 6242 ext. 3037 or their emergency phone on 07508 032997 if out of hours.

## Dentist and Opticians (3 points)

As well as registering with a GP you also need to look after your teeth and eyes.

Dentist:

<https://www.nhs.uk/using-the-nhs/nhs-services/dentists/how-to-find-annhs-dentist/>

Opticians:

<https://www.nhs.uk/ServiceSearch/Opticians/LocationSearch/9>

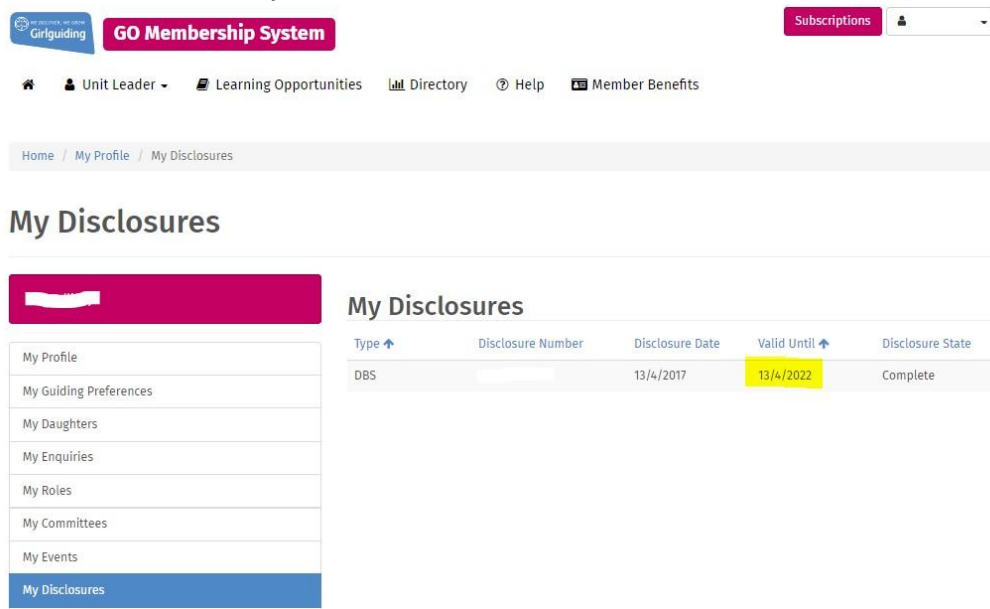
## Check in with family (2 points)

They miss you and they care, give them a quick phone call.

## Check your DBS and renew (4 points)

DBS is free through Girlguiding and worth keeping up to date even when you're at University as it can come in handy.

To find out when yours runs out check GO



The screenshot shows the 'GO Membership System' interface. At the top, there's a navigation bar with 'Subscriptions' and a user icon. Below it, a menu includes 'Unit Leader', 'Learning Opportunities', 'Directory', 'Help', and 'Member Benefits'. A breadcrumb trail reads 'Home / My Profile / My Disclosures'. The main heading is 'My Disclosures'. On the left is a sidebar menu with options: 'My Profile', 'My Guiding Preferences', 'My Daughters', 'My Enquiries', 'My Roles', 'My Committees', 'My Events', and 'My Disclosures' (which is highlighted in blue). The main content area shows a table titled 'My Disclosures' with the following data:

Type	Disclosure Number	Disclosure Date	Valid Until	Disclosure State
DBS		13/4/2017	13/4/2022	Complete

To find out more about DBS follow the link below:

<https://www.girlguiding.org.uk/making-guiding-happen/running-yourunit/membership-administration/recruitment-check-process/disclosurechecks/>

## Look at all the events in freshers' week (2 points)

There are wristbands with events run by your halls of residence or your Student Union but that's not all there is. Take a look at some of the alternative events that may not be as well advertised, these can include comedy nights, board game evenings and cinema nights. These can often be found on your Student Union website or Facebook pages. Also keep an eye out on what the societies are doing. There are often socials and free try events within the first two weeks to take advantage of.

## Guiding away from Home:

## Contact your home unit (keep in touch) (2 points)

Heading back for Christmas and Summer? Your original unit would love to hear from you again! Fancy a pantomime trip or a summer camp? Pick up the phone or email to let them know when you're back.

## Find about local units (3 points)

Do you walk past a local hall or school and wonder if there's a unit there that needs some help? Why not find out about units in your area? There might be one of your doorstep who go canoeing every week!

You can find out about local units in a few ways: by using join us; by emailing your local commissioner (through GO) or searching for your area's websites and social media.

## Who is your Division Commissioner and who is your County Commissioner? (2 points)

You can normally find this out using GO ([go.girlguiding.org.uk/CountyDirectory/](http://go.girlguiding.org.uk/CountyDirectory/)) but why not try researching the area.

Here's Bristol and South Gloucestershire's County website detailing who's who <http://www.girlguidingbsg.org.uk/index.php/test>

## Look at further awards (2 points)

University is a great time to enhance that CV with awards and Girlguiding has some great ones for you!

We recommend looking at the Queen's Guide Award which is the highest award in Girlguiding.



The full list is available here:

<https://www.girlguiding.org.uk/what-we-do/young-women/learning-andawards/>

## Register on Join us (3 points)

If you've never been a volunteer or if you're in a new area you can use Join Us to get in touch with the team. Your membership number (if you have one) and postcode will help with this.

<https://www.girlguiding.org.uk/get-involved/become-avolunteer/register-your-interest/>

## Check your email preferences to ensure you don't miss out (1 point)

You can find this using GO under the preference centre

### Preference Centre

We'd like to keep in touch with you about all the great work we do for girls and young women and how you can get involved. This includes activities, events and opportunities you can have as part of guiding, our fundraising and campaigns, our research, and products and services you can buy

We'll never sell your data and we promise to keep your details safe and secure - all in line with our [privacy policy](#). You can change your mind at any time about how you'd like us to get in touch with you through our preference centre.

☐ Select / ☐ Unselect All

I'd like to receive communications by:

☒ Email

☒ Post

☒ Phone

☒ SMS

☒ Regional information (get updates from guiding in your local area)

Are you interested in fundraising to help grow guiding? Sign up for updates on how to take part in events, fundraise or donate

☒ Yes

Submit

## Change address on GO (1 point)

Find these settings on GO under the 'my profile' tab.

## Chat with a member of Guiding in your area (2 points)

Look for us at Welcome Fairs or SSAGO (Student Scouting and Guiding Organisation). Come along to a student welcome event, or reach out on social media! We're all a friendly bunch who would like to meet you.



## Look at Trefoil Guilds in your area (2 points)

In Trefoil Guild, women and men aged 18+ make new friends, travel, explore, serve their communities and help Guiding (and Scouting) thrive across the UK!

<https://www.trefoilguild.co.uk/>





## Volunteer with a unit (6 points)

Whether it's an hour or two every few months or a regular weekly commitment, there are lots of ways to volunteer. It's a fantastic way to meet new people and it's really good fun!

To find a unit, get in touch with your local commissioner or use the Join Us system.



## Volunteer at a Guiding event (4 points)

You don't have to be with a unit to attend events. Message your local activity advisor and offer to help!



# Making the most of it

Go to your Freshers' Fair and find the SSAGO stall (2 points)



Come grab a freebie! Can you spot a mascot?



Go to 2 taster sessions for societies (2 points)

These are usually held in the first 2 weeks of term and are advertised at Freshers' Fair or on the SU website. Here's a few suggestions:

- British Sign Language Taster
- Yoga Session
- Massage Society Taster
- Canoeing
- Dance

Go to a Freshers' Camp/ Rally or equivalent (5 points)

You can find out what's being organised this year on the SSAGO website:

<https://www.ssago.org>





Meet your local SSAGO mascot (1 point)



Go to a Guiding introduction event (3 points)

Ask the SSAGO committee for more information or get in touch with your local commissioner! Don't forget to check your emails for invitations to events

Go to a SSAGO freshers' event (3 points)

Ask the SSAGO committee for more information! You can normally contact them through your union website.

Go to a volunteering fair (2 points)



For example at Bristol University, this takes place in February so watch out for it!

## Try a new sport (2 points)

Here's some examples:

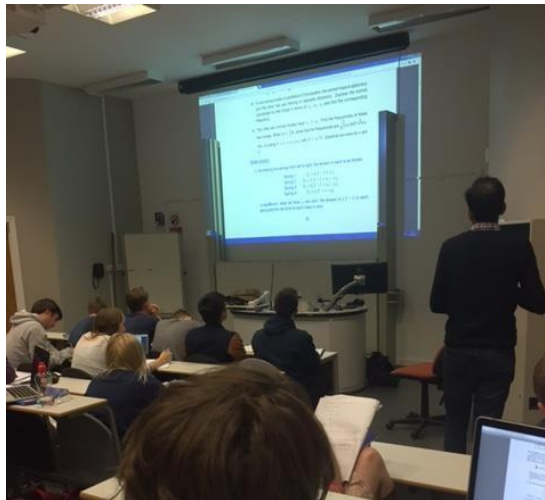
- Football
- Netball
- Golf
- Quidditch
- Cheese Rolling

## Locate a new restaurant and try some new food (2 points)

Trust me, everyone needs one food home to run too when you need a good comfort eat after a long day. Is there one you pass every day?

## Attend a lecture (1 points) (2 points if a 9am)

Hopefully you'll do this one without the prompt of a badge



## Make a Halloween Outfit/ Costume (2 points)

You may be at University now but no one is too old to get stuck in at Halloween!

## Go to your Student Union (2 points)

A great place to check out what amazing events and societies you can take part in!

## Find a tourist attraction and take a selfie (2 points)

Check out our guide of Bristol for examples!

### TOP TEN GUIDE IN BRISTOL

1. Clifton Suspension Bridge
2. Brunel's SS Great Britain
3. Cabot Tower
4. Arnos Vale Cemetery
5. Blaise Castle Estate
6. Brandon Hill Nature Park
7. Wills Memorial Building
8. We The Curious
9. Bristol Harbourside
10. Ashton Court



## Hey good looking:

### Meditate (2 points)

The benefits of meditation include better sleep, less stress and even helps anxiety.

There's some fantastic free resources for guided meditation here

<http://www.freemindfulness.org/download>

## Yoga (3 points)

What is Yoga?

Well according to the NHS page “yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.”

<https://www.nhs.uk/live-well/exercise/guide-to-yoga/>

Most university student unions will run Yoga classes. These are a great way to relax and look after yourself, as well as getting out of the house.

**Here’s a few yoga poses for beginners:**



**Warrior:** Starting with your right leg forward, step your back foot towards the back of the mat, creating a long stance. Bend your right leg so that your knee is in front of your ankle, but not over your toes. Extend and lengthen your arms upward. Try to angle your hips towards the front and keep both feet facing in the same direction.

hands and knees, apart and your knees your palms and raise your hips up and your spine. Exhale as much as you can, under. Lift your and flatten the Don’t forget, your on the ground.



**Downward dog:** Start on your with your hands hip-width under your hips. Press into your knees off the ground. Lift back, working to lengthen and try to straighten your legs keeping your head tucked shoulders away from the ears shoulder blades on your back. heels do not have to be flat





Tree pose: With your feet together, slowly raise your left leg and place the sole of the left foot to either the inner thigh or shin of the right leg. Avoid placing your foot near your opposite knee and try to keep your hips level. Press your foot against the opposite leg and bring your palms together at your chest. If you're feeling strong, try raising your arms above your head, then try the other side.

Sourced from:

<https://www.telegraph.co.uk/healthfitness/body/10-essential-yoga-poses-beginners/>

## Read a non-course book (2 points)

Here's a few suggestions that we've enjoyed

- Mort by Terry Pratchett
- 2001: A Space Odyssey by Arthur C Clark
- According to yes by Dawn French

Here are Amazon's suggestions: <https://www.amazon.co.uk/Best-Sellers-Books/zgbs/books>

## Know who to reach out to (1 point)

Know who your personal tutor is; who the head of year is; who the head of department is and how your course is structured. Who would you go to for extra time in a project or with an issue?

## Look at how to get Student Counselling (2 points)

If you need some help, ask! There's always someone here to listen. All Universities have a support system in place for counselling with most having a dedicated student counselling facility. Ask your GP, your personal tutor or your student union for more information.

There are also lots of charities who are here to help such as the Samaritans who can be called 24 hours a day for free on **116 123**. There is also the bigwhitewall

(<https://www.bigwhitewall.com/v2/Home.aspx?ReturnUrl=%2f>) and local charities such as for Bristol ‘off the record’.

## Check in with a flatmate (1 point per flatmate)

University can be full of ups and downs that can be enjoyed better by sharing them with a flatmate. Here are some ways to check in with them:

- Make them a cup of tea
- Bake a cake together to share with the rest of your flat. An assortment of recipes can be found here:  
<https://www.bbcgoodfood.com/recipes/collection/easy-cake>
- Go food shopping together - a great way to gather the ingredients for some of the meals above
- Have a film night

## Find out who your JCR or senior resident is and how to contact them (2 points)

During your first few weeks in halls there should be an opportunity for you to meet your JCR and senior residents. Be sure to pop along and say hi - that way you can acquire all their top tips from when they were a student!

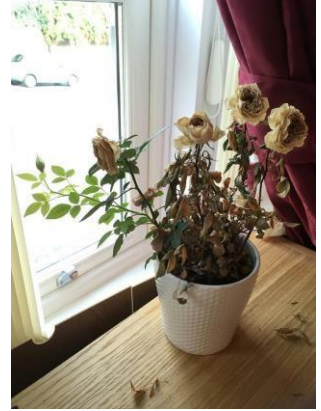
## Check in with your Tutor, ensure you know their email (1 point)

Tutors can be super helpful but the main difference from school is that you have to contact them so make sure you know how! Don't be afraid of “bothering” them, they are there to help!

## Keep a houseplant - better than we did (3 points)

### Houseplant Guide

- Choose your plant- make sure it suited to the conditions you will be growing it in. Is it full sun, partly sunny or shady?
- Watering - check the instructions about how often to water but usually water every few days. You want the soil to be moist.
- Looking after in the holiday - remember you might be away for weeks at a time, is there someone that can look after your plant or will you be able to take it with you?



## Go for a casual walk (2 points)

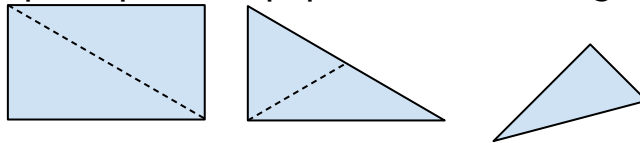
A quick walk in the park is a great way to clear your mind and get some fresh air away from the stuffy University dorms!



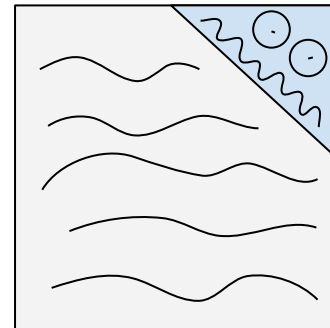
## Do a craft (2 points, 4 if with a unit)

Consider craft as some productive procrastination where you get to keep the final result. One craft we love, which is a perfect way to spruce up your textbooks, is making page eaters!

1. Take a square piece of paper and fold along the diagonals.



2. Glue together the insides of the folded triangle so that you only have one opening on the bottom of the triangle.
3. Draw some eyes and some teeth and slot onto the corners of your textbooks (the one I've drawn is called Fred).



# Badge Order Form

Thank you for taking part in our Girls Can #UNIVERSITY Challenge, we hope you have a brilliant time completing it!

I would like to order:

☐

Girls Can #UNIVERSITY Badges priced at £1 each

## Postage and Packaging Costs

1-5 Badges 75p

6-20 Badges £1

21+ Badges £3

Please include your name and the address you would like your badges posted to



BACS transfer to:

Account Name: The Guide Association Bristol & South Gloucestershire

Account Number: 00014881

Sort Code: 40-52-40

If paying by BACS, please include a reference beginning GCUNI and then your unit name to enable us to link your payment to your order

Form: emailed to [studentengagement@girlguidingbsg.org.uk](mailto:studentengagement@girlguidingbsg.org.uk)

Any profits will be used for membership recruitment and retention within Bristol and South Gloucestershire county.

## Branding Confirmation Page

9/26/2018

RE: Badge Branding Check -

RE: Badge Branding Check

Branding Matters <BrandingMatters@girlguiding.org.uk>

Mon 24/09/2018 09:09

Hello Jess,

Thank you for making the adjustments to the challenge pack.

I can confirm the pack meets Girlguiding brand guidelines.

Good luck with your challenge pack.

Kind regards,  
Jenny

Jennifer Glancey  
Marketing & Insights Administrator

Girlguiding  
17-19 Buckingham Palace Road  
London  
SW1W 0PT

Tel: 020 7834 6242 ex 2078  
[www.girlguiding.org.uk](http://www.girlguiding.org.uk)

[Donate to Girlguiding to change the world for girls and young women](#)



Girlguiding is the leading charity for girls and young women in the UK. We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun.

Badge image to scale

