

Senior - Voice for Animals



Advocate for animal welfare by learning about pet care and rights, animal testing, husbandry, and animal sports/entertainment, and create something about one of the issues.

1. Learn about pet care and rights, with a visit/volunteer with a pet/animal expert (shelter, ASPCA, animal-adoption, spay/neuter drive, animal-rescue) OR write a pet's right document about what it takes to treat pets ethically and respectfully.
2. Research two points of view (i.e. scientist vs animal-rights activist) on a product/medical testing, research how a beauty product that was not produced with animal testing was developed AND make a visual timeline or diagram, OR find an experiment/lab study and learn how the animals were treated.
3. Learn about husbandry (visit working farm/ranch OR animal breeder) OR research livestock or pet breeding.
4. Look into animal sports (rodeo, greyhound racing, polo or dressage, horse racing, OR falconry) or entertainment (movie, circus, zoo, OR dog show) and talk to someone (zookeeper, animal trainer, participants, OR owners and handlers), OR research it AND write something (short story, poem, OR article).
5. Choose an animal issue and create something from your research (policy debate, editorial article, or public service announcement).

Senior - Democracy for Seniors



Discover how local, state, and federal government works and explore the three branches of government.

1. Learn about local government and local elections (visit town/city hall, mayor's office, talk to local government official, OR attend a city/town hall meeting when a vote will be held).
2. Learn how your state government is structured AND how it compares to a nearby state, OR find out about your most recent election AND brainstorm how to encourage voting, OR tour your state capitol.
3. Write a letter to your state representative about an issue you care about, OR research the big buckets of spending in the U.S. AND create a pie chart of how you would recommend spending, OR Read GSUSA's "How a Bill Becomes a Law" AND make your own board game as a way to teach the process to others.
4. Research a historical presidential race AND come up with a new campaign for the losing side, OR work in three groups to learn a different branch of government AND then present to each other, OR research the electoral college AND debate with a friend on if it should stay or go away.
5. Research on Supreme Court Justice (past or present) and learn all their voting history, OR debate with a friend on both sides of the issue of term limits, OR attend a session in court.

Senior - Traveler



Learn travelling skills, then plan and do a two day trip that fits a budget.

1. Research possible locations to travel to (create a vision board, interview three travelers, OR watch several movies or read several books about traveling).
2. Review itineraries (interview a travel agent or tour operator OR look at two itineraries from a book/magazine/online), OR make your own 2 day and 1 night trip itinerary for a place you have gone to before.
3. Create a budget for one of the itineraries you made or reviewed OR look into alternative ways to pay for a trip (volunteer trips, travel scholarships, or working abroad).
4. Practice one skill you need to travel (learn the visa and health requirements for the location you want to travel to, map a travel path to see 5 major landmarks in one day, OR learn 10 words or phrases in a new language).
5. Choose a destination and a two day itinerary to fit your budget AND document your trip (travel log, photo diary, or video documentary).

Senior - Snow or Climbing Adventure



Try a two-day climbing trip OR snow camping overnight while staying safe.

1. Explore both the snow and climb options and decide which one.
 - a. Snow - snow camping overnight in a designated camping area, such as a local state park or campground (not meant for backcountry);
 - b. Climbing - two-day climbing trip where you will climb and belay using a top-rope climbing system, rappel, and do gear safety checks.
2. Find out how to prepare for a trip (research or talk to an expert).
3. Learn what gear you need and what it's for.
4. Prepare and stay safe (take yoga or Pilates class, speak to an expert, or do visualization training).
5. Go and have fun (take video, use skills learned in a class, write in journal about it).

Senior - STEM Career Exploration



Discover cool jobs and how they use STEM.

1. Look at different career options and which ones match up to your interests and talents AND choose one to dive into.
2. Look at the six STEM fields (Computer Science, Creative Technology and Design, Engineering, Food and Agriculture, Health and Wellness, AND Nature and the Environment) and do one activity (Create a mind map for each STEM field. Do a one minute brainstorm on each STEM field for possible careers AND figure out which one you thought the most ideas for, OR try a quick, hands-on experience in each of the six field).
3. Learn what the daily life of your chosen career would be like (Interview, tour, job shadow, OR research).
4. Find out the steps you need to take to obtain your chosen career (letter to future you, vision board, OR make a step by step plan for you to obtain your chosen career).
5. Take one step towards your goal (learn a new skill, connect with others in the same goal, OR take the first step in your step by step plan).

International Friendship Pin



Live in a different country, teach a friend about scouts, and do a good turn daily.

1. Make a new friend in your new country.
2. Learn about the culture/customs in your new country.
3. Learn some of the language in your new country.
4. Learn about the history/geography of your new country.
5. Teach someone in your new country about the U.S.A.
6. Learn about Girl Scouts/Guides in your new country.
7. Do "a good turn" in your new country.