

“TIME TRAVEL’S LIKE VISITING PARIS. YOU CAN’T JUST READ THE GUIDE BOOK, YOU’VE GOT TO THROW YOURSELF IN. EAT THE FOOD, USE THE WRONG VERBS, GET CHARGED DOUBLE AND END UP KISSING COMPLETE STRANGERS... OR IS THAT JUST ME?”

GO 4 IT



DOCTOR • WHO

**THE UNOFFICIAL DOCTOR WHO GO FOR IT
NOT FOR PROFIT**



RUN FOR YOUR LIFE

CROSSING THE WASTELANDS

With your patrol, challenge another patrol to cross a toxic wasteland, without touching the floor. Use **sheets of paper**, or **chairs** for stepping stones - have one less than the number of Guides in the patrol.

THE DOCTOR AND HIS COMPANIONS OFTEN FACE DIFFICULT CHALLENGES. FIND OUT HOW YOU AND YOUR PATROL WOULD COPE...



SHRINKING ISLAND

Using a **groundsheet** or **blanket**, challenge another patrol to see how long you would be able to survive. Unfold a blanket, and see how small you can fold it before you cannot fit the whole patrol on it.

PRISONER PASS

Your patrol has been captured by the Brethren, and each of you have been chained with your hands behind your back. Your only chance of escape is to pass a sphere (a **small football** or **tennis ball**) to your patrol leader from one end of the line to the other. If it is dropped, it will shatter and you will be trapped forever. How will you do it, without your hands?



EXTERMINATE

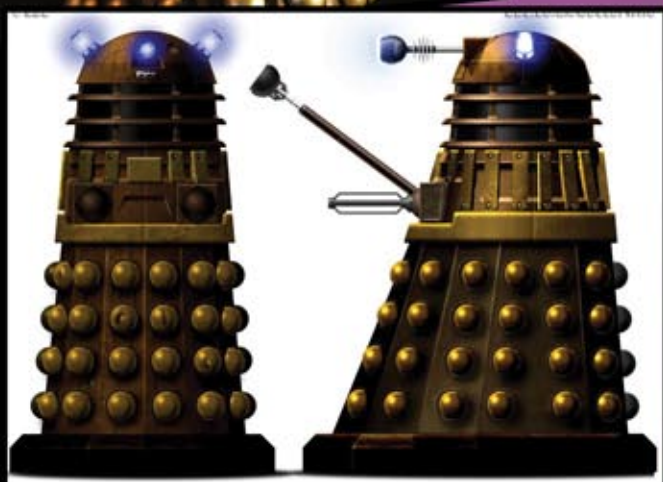
BY CHOCOLATE

Make your own edible Dalek, adapt the recipe to suit your own tastes.

You will need:

A knife
A chopping board
Mixing bowl
Wooden spoon
Palette knife

2 swiss rolls
Butter, icing sugar,
coca and water to make butter icing
Sweets for decoration



1. Cut a slice off the end of each of the swiss rolls. Discard one slice, keep the other for the head.

2. Cut one of the rolls diagonally from one end to the other, and discard one half.

3. Lie the half swiss roll down beside the full one, and trim to make the bottom flat. This is the Dalek body.

4. Take the slice from earlier, which you kept for the head, and unravel a little of it, to make it a bit smaller. Place it on top. Make butter icing to stick the Dalek together.

5. Butter icing: Mix icing sugar slowly with butter to form a paste. Add coca with some water to make it chocolate, or alternatively add vanilla essence.

6. Stick the Dalek body together with the butter icing, and then coat the outside of the Dalek with it. Not too thick, or it'll be sickly and misshaped.

7. Decorate the Dalek. Perhaps use maltesers cut in half to form the bumps on the bottom half, and licorce squares for the neck, and strawberry shoelaces for the neck. Don't forget the arms - try chocolate fingers!



THE BEYOND

CREATE A MONSTER

There are lots of strange and amazing monsters in Doctor Who. Have a go at creating one of your own. Draw, make or even dress a patrol member as the monster. Use recycled materials to create a costume. Give your monster a name, and a story about where they come from.



GALACTIC MUSIC

The music in Doctor Who features several character themes. Listen to some music written for television or a film. Draw or paint whatever images and emotions the music makes you think of.



ROCKET RACE

Hold a rocket race against another patrol. Cut two pieces of string that are long enough to run across the room. (If your room is very long, you could just measure two lengths of 15-20 metres.) Thread a straw onto each length of string. Stretch the string between two chair backs, and secure with tape or tying. Take a balloon, and must blow it up, but don't tie a knot in it. Carefully, holding the balloon closed, fix the balloon to the straw using tape. When you're all ready, let go! Whose balloon goes the furthest? What can you do to make it go further?



EXPERIENCES

NEW NEW DOCTOR



Life in the TARDIS is all about new experiences, new places, new people, new foods, new worlds. Be brave, and try something new with your patrol, whether it be food, an activity such as climbing, Irish dancing, or visiting somewhere new. Always ask your Guider before you try a new activity.



LET ME HELP

The Doctor's title makes people instantly assume he is a man of learning, or a medical doctor. Along with Martha, he is good at helping people who have been hurt, always with a stethoscope in his pocket.

Learn some basic first aid, so that like the Doctor, you can help people you meet who are hurt. What would you do if you discovered an accident at home, or in the street? How would you fetch help? Ask your Guider if you could do some first aid training, and work towards the First Aid or Active Response badge.



“I COULD BRING DOWN YOUR GOVERNMENT WITH A SINGLE WORD...
NO YOU'RE RIGHT, NOT A SINGLE WORD, JUST SIX...”

SIX WORDS

TRANSLATION CIRCUITS



Almost everywhere the Doctor travels, the TARDIS handily translates, handy for when you don't know the local lingo! Esperanto is a language spoken by people around the world, yet is not an official language of any country. It is based on European languages, and was meant to be a language that would be universal between countries, and quick to learn. Have a go at learning and speaking some Esperanto.

ALPHABET

A as in 'ah'	G as in 'go'	K as in 'king'	S as in 'see'
B as in 'boy'	Ĝ as in 'gem'	L as in 'like'	Ŝ as in SH in 'shoe'
C as in TS in 'cats'	H as in 'hat'	M as in 'mat'	T as in 'tap'
Ĉ as CH in 'chew'	H as CH in 'Bach'	N as in 'now'	U as in 'rude'
D as in 'dog'	I as in 'machine'	O as in 'old'	Ŭ as W in 'wet'
E as in 'get'	J as Y in 'yes'	P as in 'pan'	V as in 'very'
F as in 'foot'	Ĵ as S in 'measure'	R rrolled!	Z as in 'zoo'

WORDS

Hello! = Saluton!

Welcome! = Bonvenon!

Good morning. = Bonan matenon.

Good day. = Bonan tagon.

Good night. = Bonan nokton.

Thank you. = Dankon.

I don't understand. = Mi ne komprenas.

What do you think? = Kion vi opinias?

I don't know what you're talking about.

= Mi ne scias pri kio vi parolas.

PHRASES

Amiko = friend

Arbo = tree

Birdo = bird

Domo = house

Hundo = dog

Kato = cat

Dokto = doctor

Libro = book

Strato = street

Urbo = city

Viro = man

Amikoj = friends

Arboj = trees

Birdoj = birds

Domoj = houses

Hundoj = dogs

Katoj = cats

Doktoj = doctors

Libroj = books

Stratoj = streets

Urboj = cities

Viroj = men

“WE’RE TALKING IN LATIN RIGHT NOW...”

MATCH UP

SERIOUSLY?

Have a go at matching these Esperanto phrases to their English equivalents.

Where is the bathroom?

What time is it?

No worries!

Go away!

Doctor Who

Ouch! Oj!

The Doctor

I want to hug that squirrel.

When does the train arrive?

Time and Relative Dimensions in Space

Green is my favourite colour

kaj relativaj dimensioj en spaco
Oj!

Kiam la trajno alvenos?

Foriru!

La Doktoro

Verdo estas mia plej preferata koloro.

Kioma horo estas?

Kie estas la necesejo?

Doktoro Kiu

Ne gravas!

Mi volas brakumi tiun sciuron

COMMUNICATOR

Sometimes the language and the culture of another place can take time to adapt to. Try this activity to experience the sort of feelings a refugee or immigrant feels when they do not understand the culture or language very well.

First, send one member of the patrol out of the room for two minutes. The remaining members decide on a rule for communicating, (for example, you can only talk when you have a thumb on the table). Call in the patrol member from outside. The others should start a conversation and they must try to guess what the ‘communication rule’ is. Swap roles after a few minutes to ensure that each person gets a go at guessing.

How did it feel not to understand what was going on? How did it feel to be part of the group who understands the rules?



SATELLITE 5

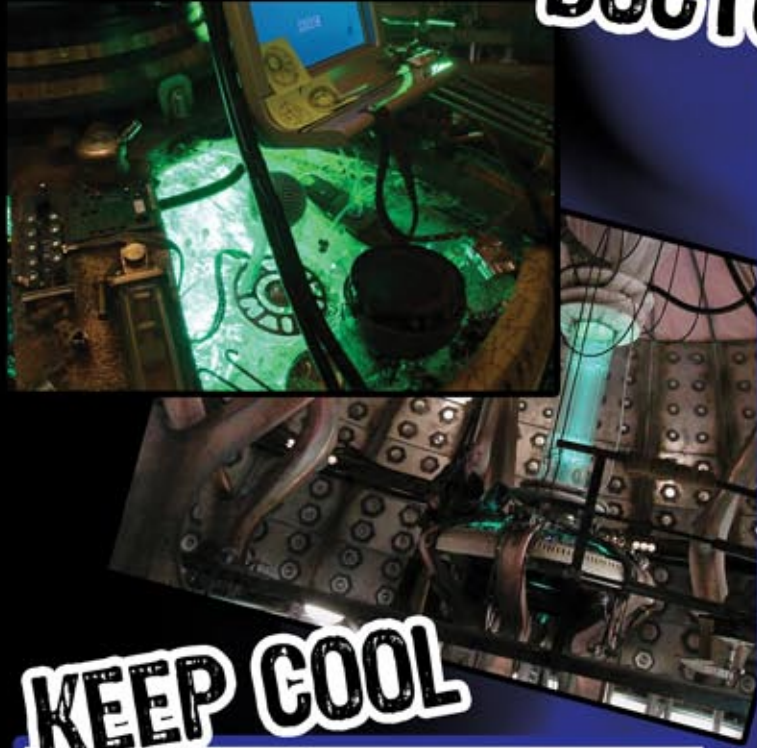
The Doctor, Rose and Adam visited Satellite 5 for the first time in the year 200,000. The Satellite was beaming television down to Fourth Great and Bountiful Human Empire below.

Imagine your patrol work for Satellite 5, creating adverts for holidays to planets in the solar system.

Pick one, and imagine what civilisation might be like by that time. Create a song for the advert to invite tourists to the planet. You might like to look up the planets to see what they are like, first.

SUPER SKILLS

DOCTORING THE TARDIS



The TARDIS is the Doctor's home, and it is forever falling apart and needing fixed. He's got the luxury of a Sonic Screwdriver, but do you know one end of a hammer from another?

Ask a knowledgeable adult to show you some basics. How quickly can you safely change the blown fuse in your television plug, so you can watch Doctor Who? How do you turn the water off if there's a leak in your TARDIS?

KEEP COOL

All too often, the Doctor encounters conflict where he travels. Luckily he's a good mediator, and can help calm a situation and help solve it. In your patrol, try some anger management techniques with a role-play.



AVOID Don't let your anger or other angry people control you

NEVER use your body or voice to hurt others

GET away from the situation so your feelings don't overwhelm you

EVALUATE your choices. Think before you react!

RESPONSIBILITY Remember you are responsible for your choices. No one can make you angry, you allow yourself to become angry. You can choose not to get angry too.

1. Take some deep breaths and concentrate on relaxing your body with each breath.
2. Count to 10 slowly.
3. Think before you react - what are the consequences of your actions?
4. Keep your voice "low and slow."
5. Split the scene. Remove yourself from the situation - leave the room for a minute or take a short walk.

IT'S A FUNNY OLD LIFE, IN THE TARDIS

LIFE CHOICES

The Doctor's TARDIS is full of useful and wonderful things, which is lucky for him and his companions. Quite often, the Doctor and company leave suddenly, to escape disaster, to seize the moment and so on. Not everyone is prepared, like Donna was!

During life, there may be times where you have to leave the place you live very suddenly, often in a time of crisis. Discuss in your patrol what sort of situations this could mean, how you would cope, and what you would take.

Write down three items you wouldn't go without, and tell each other why.



TURN LEFT

Donna met a fortune teller on the Chino-planet of Shan Shen, who showed her what her life could have been, had she not met the Doctor.

Consider any life-changing decisions or moments in your life. What might have happened if you had chosen differently? As a patrol, consider how you make decisions at Guides, at school and at home. Is it different?

How would you improve how decisions are made at Guides? Use role playing, create a poster or express your ideas in another way, to share with the unit.



NOTES FOR GUIDERS

A BALANCED PROGRAMME

As a Guider, one of your responsibilities is to ensure that there is a balanced and varied programme for your Guides. To help you do this, Girlguiding UK has the Five Essentials which are used in delivering the Guide Programme to girls. See the publication Guidance Notes for Leaders: Guide Section, order code 6056.

SAFETY

Care needs to be taken with all activities and the safety of girls is a priority at all times. The rules within the current edition of The Guiding Manual must be adhered to and - depending on their ages and abilities - you may need to supervise Guides when doing the following:

- Going outside the normal meeting place
- Inviting members of the public into the meeting place
- Using knives and other sharp objects
- Hygiene, both personal and food-related
- Cooking and other appliances.

EXTENDING AN INTEREST

If a Guide has enjoyed Go 4 It! Doctor Who she may like to do the following badges:

- Communicator
- Culture
- First Aid
- Interpreter
- Science
- Any of the World Badges

Or the following Go For It!'s:

- On the Move
- Communicate
- Experiment