

The Hong Kong Girl Guides Association  
Interest Badge Syllabus  
**Guide Section**

**AIDs Knowledge**

- I. State the definition of “AIDS”.
- II. How does HIV work on human immune system after invaded into human body?
- III. Describe the structure and features of HIV and the route of transmission.
- IV. In view of sexual health education, blood contact transmission and mother-to-child transmission, suggest one method to prevent the spread of HIV / AIDS. Please elaborate your answer.
- V. What is HIV Antibody test?
- VI. What is antiretroviral treatment? How does it work on HIV infection?
- VII. What is the difference between HIV carrier and AIDS patient?
- VIII. Answer the following questions:
  1. What is the main route of transmission of HIV / AIDS in Hong Kong? The infection rate of HIV / AIDS in Hong Kong.
  2. The meaning of “Red Ribbon”.
  3. What is “AIDS Memorial Quilt”?
  4. Please introduce “World AIDS Day”.
- IX. Give two examples of organizations which provide HIV / AIDS data and relevant activities.
- X. Choose one of the following topic and share with the Assessor (not less than 150 words):
  1. Write an article on your feeling before and after taking this course.
  2. Write a review on news related to AIDS within six months (submit with the news article).

**Remarks**

An appointed Guider who holds a valid AIDS Knowledge Instructor Certificate may take this badge assessment for her own Unit.



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**City Guiding**

- I. Make a sketch map of the area near your home, meeting place or school, and lead or direct someone to the nearest church, clinic, telephone booth, post office, petrol filling station, police station, library, bus stop, railway station, city hall, shopping mall, district office or other well-known buildings; give the approximate time needed to reach each place.
- II. Show your ability to give clear directions to enable a person to find his way to any place (chosen by the Assessor) using public transport available. Provide with two different routes using different kinds of transportation and analyze the advantages and disadvantages of the two routes.
- III. Find the way from one given place to another by the use of a street map. Point out on the map the route taken.



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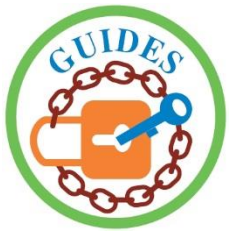
**Community Health**

With the help of a log book, tell the Assessor the following:-

- I. Study the facilities and services in the area you live e.g. culture, leisure, medication and environment. Suggest improvements to be made.
  1. Participate in a community health activity e.g. health seminar
  2. Participate in promoting a community health activity e.g. serve as volunteer to pass the health message.
  3. Express your opinion on a newspaper clipping related to community health.
  4. Design a poster and slogan to promote community health.
  5. Prepare a short essay to state the importance of community health.
- II. Work with your Patrol / Unit in School / Centre to plan an activity to promote community health. (Submit your plan and activity report.)

**Remarks**

An appointed Guider may assess this badge for her own Unit.



The Hong Kong Girl Guides Association  
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**Crime Prevention**

- I. Share with the Assessor some leaflets on house-hold security you obtain from your local police station or District Office. Assess the safety of your home and the building or estate according to the information in those leaflets and explain to the Assessor how effective it is or are there any improvements needed.
- II. List ten advantages of Neighbourhood Watch scheme.
- III. Explain to the Assessor:
  1. The functions of a door viewer and door chain and the proper use of them.
  2. Ways in which you can make sure whether an official (e.g. meter reader or salesman) is genuine.
  3. After parking a car what should be done to increase the security of the car and the possessions inside it.
  4. What else you will teach a child besides being polite and be alert when talking to a stranger.
  5. What children must tell their parents if going out alone or with other children.
  6. How to prevent street and phone swindles.
  7. How to protect yourself and your possessions in the public.
- IV. Tell the Assessor what a Crime Prevention Panel is and what it tries to achieve. Give some examples of projects that it could undertake.
- V. List out the different kinds of hotline or reporting telephone number of the Hong Kong Police and explain the difference between report hotline and emergency call phone numbers.

**Remarks**

An appointed Guider may assess this badge for her own Unit.



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**Environmental Protection**

- I. Discuss with the Assessor the meaning of Sustainable Development and how you can apply 'sustainable lifestyle' in your daily life (including clothings, food, living, activities and travelling) to protect environment.
- II. There are different types of environmental pollution such as air, water, noise, solid waste and light pollution.
  1. Select three types of environmental pollutions from the examples above and suggest some solutions to these problems.
  2. Select two types of environmental pollutions from the examples above and explain the causes of them.
- III. Discuss with the Assessor the meaning of 4R and how they can be applied to your daily life.
- IV. Undertake two of the following and share lessons learned and challenges met with the Assessor:
  1. Make environmental enzyme, use it at home and promote it to others.
  2. Make recycled paper and use them.
  3. Use waste material to make a handcraft.
  4. Design an environmental recipe of at least 10 dishes (e.g. Low carbon ingredients, not over eating, etc.).
  5. Make your home green by growing some plants.
- V. List the area of services and the functions of the Hong Kong Environmental Protection Department.
- VI. Discuss with the Assessor about the environmental conservation news which happened in the last three months.

**Remarks**

An appointed Guider who holds the valid Conservation Instructor Certificate may take this badge assessment for her own Unit.



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**Fire Prevention**

- I. Understand the theory of burning.
- II. Explain the different causes of fires.
- III. List fire crises and the way of reporting it.
- IV. Know how to call for the Fire Service in case of fire.
- V. Illustrate how to prevent fires at home, at school and at a Girl Guides Campsite.
- VI. Describe the causes of fires in outdoor activities, how to prevent fires such as vegetation fires, camp fires, outdoor cooking, etc.
- VII. The procedure taken and the evacuation of people in case of a fire.
- VIII. Know the kinds of fire extinguishers and their uses and use a diagram to show the different kinds of fire prevention facilities at your home building or school.
- IX. Know the different kinds of fire hydrant.
- X. List the types of dangerous goods and their labels.
- XI. Introduce the work of the Hong Kong Fire Services.
- XII. Introduce grading of fires and their types.
- XIII. Introduce the types of fire engines and fire boats.
- XIV. Visit a fire station and use a diagram to show the location of fire stations near your home and school. (Visiting of fire station must be arranged by HKGGA or the Sponsoring Authorities of the Unit.)
- XV. Introduce fire prevention activities in Hong Kong such as Fire Safety Ambassadors, Building Safety Ambassadors and open days, etc.
- XVI. Explain and demonstrate the following:
  1. Transportation of a casualty
  2. Treatment of burns

**Note**

Girl Guides who are Fire Safety Ambassadors will be exempted from Clauses I to IV, VII, X and XI when presenting the Fire Safety Ambassador Certificate during assessment.

**Remarks**

An appointed Guider who holds a valid Fire Prevention Instructor Certificate may take this badge assessment for her own Unit.

**Hong Kong Award for Young People**

This badge is equivalent to the same topic in the Service Section in the Silver Level of the HONG KONG AWARD FOR YOUNG PEOPLE.



The Hong Kong Girl Guides Association  
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**Guide Section**

**First Aid (Stage I)**

- I. Explain the following:
  1. Aims and principles of First Aid and the responsibility of a First Aider.
  2. Self-protection and anti-infection procedures.
  3. The cause of respiratory failure and treatment. (General cases, not including external artificial respiration.)
  4. The cause of circulation failure and treatment (including shock, fainting and unconscious).
  5. The principles and treatment of bleeding.
  6. The types of burn and their treatment.
  7. The cause of body temperature problem and treatment.
  8. What a fracture is and its treatment.
  9. Causes and treatment of soft tissues injury.
  10. The causes and treatment of poisoning.
  11. The treatment of external bodies into eye, ear, nose and choking.
  12. The correct method of calling for an ambulance, a doctor and police and the correct way of using a public phone.
- II. Demonstrate the following:
  1. Stop bleeding
  2. Bandaging a wound on
    - a. The straight part such as forearm, upper arm, thigh, lower leg, etc.
    - b. The joints such as elbow, knees and ankle
    - c. Back and front of hand and top and bottom of foot
  3. Immobilization of a fracture to
    - a. Collar bone, rib and pelvis
    - b. Upper limbs and lower limbs
- III. Prepare a First Aid kit for your Patrol outing and explain the use of each item.

**Note**

Holders of one of the following certificates are qualified for this badge:

- Hong Kong Red Cross – Elementary First Aid Course or Standard First Aid Certificate Course
- Hong Kong St. John Ambulance – Basic First Aid Certificate Course
- The First Aid Course organized by the Hong Kong Girl Guides Association



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**First Aid (Stage I)**

**Assessor's Qualifications**

The Assessor must be a qualified Doctor, a Registered Nurse, a current Ambulance man of Fire Services Department or an Instructor in First Aid of the above organizations.

**Remarks**

An appointed Guider who holds the above qualification may take this badge assessment for her own Unit.

**Hong Kong Award for Young People**

This badge is equivalent to the same topic in the Service Section in the Silver Level of the HONG KONG AWARD FOR YOUNG PEOPLE.





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**First Aid (Stage II)**

Explain and demonstrate CPR with a Resuscitation Anne, demonstrate bandaging of an open wound and fracture and be able to answer questions from the Assessor.

1. Principles & Practice of First Aid
2. Action at an Emergency
3. The Structure and the Functions of the Body
4. Dressings & Bandages
5. Asphyxia
6. Cardio-Pulmonary Resuscitation for adult and infant
7. Management of Airway Obstruction in adult and infant
8. Wounds, Bleeding & Circulatory Failure
9. Shock & Fainting
10. Injuries to Bones
11. Injuries to Muscles, Ligaments & Joints
12. The Nervous System & Unconsciousness
13. Burns & Scalds
14. Poisoning
15. Procedure at Road Accidents
16. Handling & Transportation of Injured Person

**Note**

Holders of one of the following certificates are qualified for this badge:

- Hong Kong Red Cross – Standard First Aid Certificate Course
- St. John Ambulance – First Aid Certificate Course
- The First Aid Course organized by the Hong Kong Girl Guides Association.

**Assessor's Qualifications**

The Assessor must be a qualified Doctor, a Registered Nurse, a current Ambulance man of Fire Services Department or an Instructor in First Aid of the above organizations.

**Remarks**

An appointed Guider who holds the above qualification may take this badge assessment for her own Unit.

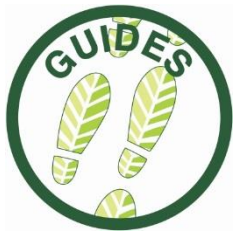


The Hong Kong Girl Guides Association  
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**First Aid (Stage II)**

**Hong Kong Award for Young People**

This badge is equivalent to the same topic in the Service Section in the Silver Level of the HONG KONG AWARD FOR YOUNG PEOPLE or after obtaining the badge, those who has 40 or above service hours are qualified for the Service Section in the Gold Level of the HONG KONG AWARD FOR YOUNG PEOPLE.



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**Go Green**

- I. Explain to the Assessor what “Ecology” is and elaborate the relationship between different elements such as different living things or living things and non-living things.
- II. Use a diagram to elaborate the food chain.
- III. Provide a definition of wetlands and introduce the wetland in Hong Kong. Give examples of species of wetland organisms including various kinds of plants, birds, etc. and their adaptive features for the wetland environment.
- IV. List the Country Code and the code of visiting a wetland.
- V. Visit one of the following places, record your observation, share your experiences with the Assessor and elaborate the role that this place plays in conservation.
  1. A wetland or wetland park
  2. A country park or marine park
- VI. Choose one from the following:
  1. Make a model of not less than 8” x 8” x 4” with recycled or reused material to demonstrate the functions of wetland.
  2. Make a model of a water filter to demonstrate the filtering of water.
  3. Show how to save water in daily life by using graphic art or an animation.

**Remarks**

An appointed Guider who holds the valid Conservation Instructor Certificate may take this badge assessment for her own Unit.



The Hong Kong Girl Guides Association  
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**Home Nursing (Stage I)**

In this stage the patient is able to move around and help themselves in daily life, but just needs a little assistance.

I. Brief Concepts of Home Nursing

1. Illustrate the qualities needed in home nursing by giving examples.
2. Tell the Assessor the basic setting of a room for a patient including good ventilation, body warmth keeping and lighting.

II. Measure Patient's Vital Sign

1. Demonstrate measuring and recording body temperature, pulse and breathing.
2. Demonstrate simple checking of blood pressure and glucose levels.

III. Promote Patients' Comfort

1. Prepare a bed for receiving a patient.
2. Show how to use backrests, commodes, and know where those and other equipment can be obtained or borrowed in your own area.
3. Show the uses of a draw sheet, plastic sheeting and incontinence pads, and how these can be improvised.

IV. Personal Hygiene

1. The cleaning of face, mouth and hands.
2. Help the patient to take bath/shower and get changed.

V. Diet and Nutrition

1. Describe the nutritional values of food, quantity of a balanced diet and how they help recovery.
2. Prepare and serve one of the following: egg custard, jelly, milk pudding, fresh juice, flavoured milk drink, etc.
3. Set an invalid's tray and show how to feed and give food and drink to a patient who needs help.

VI. Treatment and observation of excrete

1. Record all body waste of the patient including frequency, quantity, type, shape, colour, etc.

VII. Prevent Infections

1. Explain how infections happen and the ways of prevention.

VIII. Wound Dressing

1. Demonstrate how to use cold pad, warm pad and dry dressing on any area of hands and feet and secure it with a bandage.
2. Demonstrate how to change a wound dressing for a patient.



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**Home Nursing (Stage I)**

IX. To give Medications

1. Show how to give medicines by mouth.
2. Describe how to store medicines and pills to prevent danger to small children.
3. Explain “three checks five right” before giving medicine to patients.

X. Explain the important points to note in a report for the doctor or nurse.

XI. Activity

Explain the importance for a patient to keep having some activities and the points to be aware of during the activities.

**Note**

Holders of one of the following certificates are qualified for this badge:

- Hong Kong Red Cross - Junior Nursing Certificate
- St. John Ambulance - Essential Home Nursing

**Assessor’s Qualifications**

The Assessor must be a qualified Doctor, a Registered Nurse or an Instructor in Home Nursing of the above organizations.

**Remarks**

An appointed Guider who holds the above qualification may take this badge assessment for her own Unit.

**Hong Kong Award for Young People**

This badge is equivalent to the same topic in the Service Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.



The Hong Kong Girl Guides Association  
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**Home Nursing (Stage II)**

Must be a holder of Home Nursing Badge (Stage I)

In this stage the patient may not be able to self-help.

Concepts of Home Nursing:

I. To promote Patients' Comfort

Show how to make a bed with the patient in it, including the changing of sheets and arranging the pillows.

II. To measure Patient's Vital Signs

Demonstrate measuring and recording body temperature, pulse and breathing when the patient is not able to self-help.

III. Personal Hygiene

1. How to help a patient with the morning and evening toilet using, including washing in bed, giving a mouth wash and brushing hair.

2. Tell which areas of a patient's body are subjected to pressure in bed and the corresponding influence upon the patient, and how soreness of these areas can be prevented.

IV. Diet and Nutrition

1. Describe the nutritional values of food, quantity of a balanced diet and how they help in recovery.

2. Prepare and serve one of the following: egg custard, jelly, milk pudding, fresh juice, flavoured milk drinks.

3. Set an invalid's tray and show how to feed and give food and drink to a patient who needs help.

V. To give Medications

1. Show how to give medicines by mouth.

2. Describe how to store medicines and pills to prevent danger to small children.

3. Explain "three checks five right" before giving patients medicine to patient.

VI. Observation & Aftercare of Patient's Elimination

1. Explain how to help a patient to use the bedpan and how to change a napkin.

2. Record all the body waste of the patient including frequency, quantity, type, shape, colour, etc.

VII. To prevent Infections

Explain how infections take place and the ways of prevention.



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**Home Nursing (Stage II)**

VIII. Care of Respiratory Disorder

1. Explain how to help a patient to change the oxygen bottle.
2. Explain how to give inhaling medicine to a patient.

IX. Wound Dressing

1. Demonstrate how to help a patient in bed to use cold pad, warm pad and dry dressing on any area of hands and feet and secure it with a bandage.
2. Demonstrate how to change a wound dressing for a patient in bed.

X. To promote Ambulation for the Patient

1. Explain the importance of having activity for a patient in bed and points noted when practising it with the patient.
2. Show how to help a patient to get up and sit in a chair. Help a patient to dress and move about the room or house.

XI. Problem Solving Technique

1. Demonstrate how to convince a patient to do or not to do something.
2. Try to solve the problems given by the Assessor.

**Note**

Holders of one of the following certificates are qualified for this badge:

- Hong Kong Red Cross – Adult Nursing Certificate
- St. John Ambulance – Adult Home Nursing

**Assessor's Qualifications**

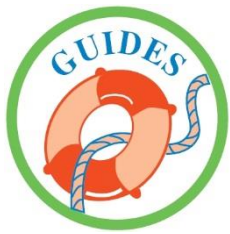
The Assessor must be a qualified Doctor, a Registered Nurse or an Instructor in Home Nursing of the above organizations.

**Remarks**

An appointed Guider who holds the above qualification may take this badge assessment for her own Unit.

**Hong Kong Award for Young People**

This badge is equivalent to the same topic in the Service Section in the Silver Level of the HONG KONG AWARD FOR YOUNG PEOPLE.



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**Life Saving**

**I. Written Test**

The test will be conducted in the form of multiple choice including the following content:

1. Basic theory of Life Saving
2. Skills of Life Saving
3. Skills of Recovery
4. First Aid Knowledge
5. Aftercare

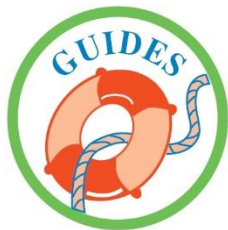
**II. Resuscitation**

Perform Cardio Pulmonary Resuscitation by using a dummy.

**III. Water Test**

1. Rescue on land
  - i. Use of an appointed rescue instrument.
  - ii. Rescue a conscious casualty who is 2 to 10 metres away from the bank.
  - iii. Ensure the safety of the casualty and help her to land.
2. Water rescue
  - i. Use of an appointed rescue instrument.
  - ii. Approach from shallow water.
  - iii. Rescue a conscious casualty who is 15 metres away from the bank.
  - iv. Tow the casualty to the bank and help her to get out of the water.
3. Non-contact Rescue
  - i. Candidate should wear a long-sleeve shirt, trousers or dress.
  - ii. Can take off the above clothings before entering water.
  - iii. Get in deep water.
  - iv. Swim 50 metres to a casualty.
  - v. Perform defensive methods.
  - vi. Use non-contact rescue without any floating help.
  - vii. Rescue a casualty who is 50 metres away from the bank. Tow the casualty to the pool side and use support position to hold the casualty (time allowed 3 minutes and 15 seconds).
  - viii. Help the casualty to land from deep water.
  - ix. Look after the casualty after landing.





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**Life Saving**

4. Contact Rescue
  - i. Get in deep water.
  - ii. Swim 50 metres to a casualty.
  - iii. Perform Release Method.
  - iv. Use Chin Tow or Cross Chest Tow.
  - v. Rescue a casualty who is 50 metres away from the bank then use support position to hold the casualty.
  - vi. Perform Towing Restraint on the way to the bank.
  - vii. Tow the casualty to the bank and help her to land.
  - viii. Look after the casualty after landing.
5. Emergency Resuscitation
  - i. Get in deep water.
  - ii. Swim 15 metres to the search area.
  - iii. Use surface dive.
  - iv. Dive into 1.5 to 1.8 metres to find a target.
  - v. Change to an unconscious casualty and tow to a supporting point, perform ten cycles of supported Expired Air Resuscitation (EAR).
  - vi. Help the person to land.
  - vii. Perform Expired Air Resuscitation (EAR) and treatment of Vomit.
  - viii. Place the person in the Recovery Position.

**Note**

Holders of the Bronze Medallion of the Hong Kong Life Saving Society are qualified for this badge.

**Assessor's Qualifications**

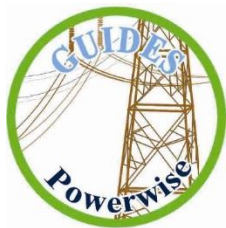
The Assessor should hold the Advance Teachers Certificate of the Hong Kong Life Saving Society.

**Remarks**

An appointed Guider who holds the Advance Teachers Certificate of the Hong Kong Life Saving Society may take this badge assessment for her own Unit.

**Hong Kong Award for Young People**

This badge is equivalent to the same topic in the Service Section in the Silver Level of the HONG KONG AWARD FOR YOUNG PEOPLE.



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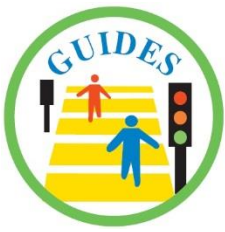
**Powerwise Ambassador**

With the help of a logbook, tell the Assessor the following:

- I. List out the features on the Energy Efficiency Label and their purposes. Tell the Assessor what an Energy Efficient appliance is and give examples.
- II. 1. Introduce five safety guidelines for household electrical appliances.
  1. List at least five ways you can do to reduce natural resource consumption in your daily life and share that with at least five of your friends or relatives.
  2. Share your experiences with the Assessor.
- III. Design a plan to reduce the consumption of electricity and record the effect with reference to the electricity bill. Share your experience with the Assessor and explain your benefit in the event and the difficulties you come across and how you deal with them.
- IV. Choose one of the following and present to the Assessor:
  1. A model using renewable energy. List the types of renewable energy and the benefits of it.
  2. Use a Powerpoint to illustrate the types, advantages, application principles, cost and effectiveness of renewable energy.
  3. Give a speech of not less than 5 minutes to illustrate the relationship between green purchases and reduce energy. (e.g. Low carbon, use of Energy Efficient appliances, etc.)

**Remarks**

An appointed Guider may assess this badge for her own Unit.



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**Road Safety**

Make a logbook to show the following:

- I. Explain to the Assessor the causes of road accidents.
- II. Design a poster or leaflet for a special road safety campaign.
- III. Explain to the Assessor about the problem on the following:
  1. Safety for pedestrians
  2. Safety for cyclists
  3. Safety for passengers
- IV.
  1. Present and explain the Highway Code as it applies to pedestrians.
  2. Explain the safety precautions for cyclists. (e.g. Safety facilities on bicycles, safety ways of cycling, things to pay attention to on the roads, etc.)
- V. Explain how to summon help in the event of a road accident.
- VI. Explain the definition of drunk drive and medic-drive and their effects.
- VII. Discuss with the Assessor a recent traffic accident. (Bring with you the source if written.)

**Remarks**

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**Use Drugs Wisely**

- I. Explain to the Assessor:
  1. The meaning of drug abuse.
  2. The consequences of using drug unwisely. (e.g. To person, family, society, etc.)
- II. Make a log book to show the following:
  1. Collect news cuttings on drug abuse for three consecutive months.
  2. List at least five kinds of drugs that are commonly abused and their bad effects on the body.
  3. What the common causes of drug abuse are.
  4. List the Government departments that are involved in beating drug abuse and explain their work.
    - i. Legislation
    - ii. Drug addiction treatment and rehabilitation
    - iii. Education and promotion
    - iv. Research work
    - v. International cooperations
- III. Design a poster or slogan on prevention of drug abuse.

**Remarks**

An appointed Guider may assess this badge for her own Unit.

The Hong Kong Girl Guides Association  
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**Service Flash**

**Bronze**

A minimum service of 20 hours within a period of 12 months must be recorded. Services recognized would include those organized by the Guide Company's Sponsoring Authority or The Hong Kong Girl Guides Association.

**Silver**

A minimum of 40 hours of the Community Service within a period of 12 months must be recorded. The definition of the 40 hours EXCLUDES services in functions organized by the Company's Sponsoring Authority and the 20 hours services required by the Bronze Service Flash .

**Gold**

A minimum of 40 hours of Community Service within a period of 24 months, including at least a service project (including the meeting, preparation and the direct service should not less than 12 hours and the serving targets should not be the sponsoring body and also excluding those hours recorded in the Bronze and Silver Flash) approved by the Unit Guider must be recorded for this Gold Service Flash.

**Hong Kong Award for Young People**

1. Bronze Service Flash is equivalent to the same topic in the Service Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.
2. Silver Service Flash is equivalent to the same topic in the Service Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.
3. Candidates who have completed the Service Section in the Gold Level in the HONG KONG AWARD FOR YOUNG PEOPLE in this topic are qualified for the Gold Service Flash.