

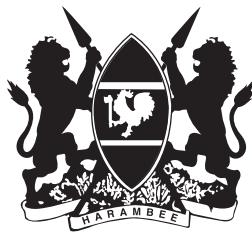


# THE KENYA SCOUTS ASSOCIATION



SUPPORTED BY THE UNITED NATIONS INTERNATIONAL  
DRUG CONTROL PROGRAMME (UNDCP)  
THE UNITED NATIONS POPULATION FUND (UNFPA)  
AND THE NATIONAL AGENCY FOR THE CAMPAIGN  
AGAINST DRUG ABUSE (NACADA)

Scout Leaders  
PROGRAMME  
Handbook



# THE KENYA SCOUTS ASSOCIATION



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the National Agency for the Campaign Against Drug Abuse (NACADA)



# Introduction

Scouting began in Kenya in 1910. Nearly 100 years later, Scouting has grown from a fledgling concept to an international phenomena. Today we proudly claim to be the world's largest single voluntary youth movement dedicated to building character and giving young people the skills to be better people and better citizens.

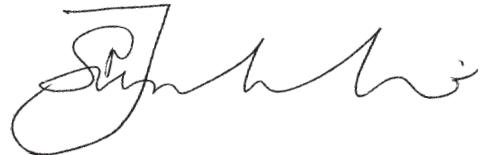
Scouting's worldwide success results from its ability to adapt to different cultures and aspirations, while at the same time remaining faithful to the original ideals of Scouting's founder, Lord Baden Powell. These are embodied in the threefold principle of the Scout Promise. Firstly: service to God; secondly: service to country and to others, and; thirdly: service to self through good character.

In Kenya the idea of updating skills and knowledge relevant to the needs of our nation is the motivating factor behind the development of this programme manual. In writing it, the authors aimed to make Scouting part and parcel of our culture, national goals and aspirations. The "Kenyanization" of many Section names and terminology is purposely meant to give Kenyan Scouting that familiar cultural identity.

It is pleasing to note that while remaining faithful to the basic ideals of Scouting the authors have succeed in summarizing most of the important information on Kenya Scouting in one, easy-to-use book. No longer will Scouts and Scout Leaders have to refer to several different manuals depending on the age group they train. Details will be in every sectional book.

This manual is not full-proof, nor does it cover everything relevant to Scouting. It should be used together with other Scout publications and materials. Nevertheless, it represents the most ambitious effort at systematizing the Scouting method to date. It is an important landmark in the history of our movement and a source of pride for Kenya. We hope that our other brother Scouts in Africa will find the approach contained in this book useful and relevant to Scout activities in their own countries.

We in Kenya Scouting have done our best and we will continue to do so. I commend all that helped in the development of this work, particularly the invaluable support and assistance of the United Nations International Drug Control Programme (UNDCP), the United Nations Population Fund (UNFPA), PATH the World Scout Bureau/Africa Regional Office and the National Agency for the Campaign Against Drug Abuse NACADA. I wish all those who use this book the best of success and hours of fun in Scouting. Together, we will promote peace, love and unity among the nations of the world.



**HON. JULIUS OLE SUNKULI EGH, EBS, MP  
CHIEF COMMISSIONER  
KENYA SCOUTS ASSOCIATION**



# Acknowledgements

This book has been made possible by the contribution of many people. We especially wish to acknowledge the kind assistance of the following:

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**Philip Kiprono Ngetich**  
National Executive Commissioner  
Kenya Scouts Association

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# Preface

This manual describes the basic content for all age sections of Scouting in Kenya. The manual is in the form of tests performed to attain badges. These are designed to suit the age of each particular section. These tests suggest convenient and orderly ways to play the game of Scouting. However, they should be supplemented by available Scout literature and most of all by Scout Leaders' ingenuity and creativity in interpreting and supervising each test.

All the tests fall into two broad categories: the standard (or compulsory) section and the proficiency (or skill) section.

## STANDARD SECTION

This section explains those skills that are considered basic and necessary for the attainment of a high level of knowledge and skill in Scouting. The items in this section are compulsory, save for the pre-investiture tests that qualify one to be invested as a Scout in his particular age section and are meant to impart knowledge of the basic aims, principles, ideals and origins of Scouting.

On completing the pre-investiture test, the new Scout is invested and immediately embarks on the standard topics and issues of great importance to Scouts, and indeed to the youth of Kenya. To make the programme challenging, the Standard Test is arranged in three stages for each age section apart from Jasiri section. Although most are partial, there is also a wide range of items that test intellectual, spiritual and relationship ability.

## PROFICIENCY SECTION

This section continues various tests and challenges based on a wide variety of topics of interest to

the young. On completing a proficiency test the Scout qualifies to wear that particular badge. All badges have stated requirements for the attainment of certain awards for Sungura, Chipukizi, Mwamba and Jasiri Scouts.

In compiling this reference manual, the authors have tried to make all items interesting and relevant to both boys and girls, handicapped and non-handicapped Scouts. Nevertheless, we acknowledge that sometimes they will prove unsuitable to some members of the Scout Movement. Specifically, the severely handicapped may not benefit fully from this manual. We therefore encourage Scout Leaders interested in working with the severely handicapped to contact Scout Headquarters for guidelines and recommendations. Where these are not available, it is permitted for leaders to modify those items in this manual that may seem beyond the ability of his group. In this way all ages and abilities can enjoy the challenges and achievement of going through the same programme as their peers.

The policy of the Kenya Scouts Association regarding female members as well as the handicapped emphasizes integration. In compiling a single reference document for all Scouts and Scout Leaders in the country we have sought to emphasize the principle of equality. All leaders who may use this manual are advised to keep this fact in mind and consult with Scout trainers or other officers of the association wherever they encounter a problem. The program committee also welcomes comments and suggestions on how this manual can be improved. Such comments may be communicated to the National Executive Commissioner.



# Scouting History

## LORD BADEN-POWELL

The founder of the Scout Movement was Lord Baden-Powell (BP). His common name was Robert Stephen Smith. He was born on February 22, 1857 in England. He went to school like any other normal child and in his adulthood took up a career as a soldier. While he was in the British Army he served mainly in India and South Africa.

Baden-Powell was sent to South Africa to fight the Anglo-Boer War, which threatened the British and Dutch settlers. BP and his soldiers were trapped by their enemy at a place in South Africa called "Mafeking," the supply centre for the British. They were besieged without sufficient supplies of food, water and ammunition. To find assistance and supplies, BP had to be resourceful. He transported hidden messages inside of walking sticks. He used camouflage techniques to navigate the landscape unseen. He practiced these and other techniques with soldiers he named "Scouts." When reinforcements eventually arrived, the siege had lasted for seven months. Yet during this time, none of his soldiers lost their lives from starvation or at the hand of the enemy.

While in the Army, BP wrote articles recommending ways to train Scouts in the army. He later compiled these articles into a booklet entitled "Aids to Scouting." It was published in England during the siege of Mafeking. The

booklet inspired boys back home to organise themselves into groups called "Scouts."

BP reissued and simplified the ideas in the book "Aids to Scouting," to suit younger people and wrote another book in 1908 entitled "Scouting For Boys."

While in South Africa, BP was given a Zulu name by the Matebele tribe called "Impesa" meaning "the wolf that does not sleep." He adapted a form of left-handed handshake from a Zulu Chief. This was because the Zulu Chief used his right hand to hold his weapon.

The connection between BP and Kenya is very strong. He visited Kenya for the first time in 1906. In 1935 he came for the second time and in 1937 came to spend an entire winter. In 1938 he made up his mind to live in Kenya. He settled in Nyeri and called his home "PAXTU." "Pax" was the name of his home in England. "Tu" was a corruption of the word "too" in English. He lived in Kenya until his death on January 8, 1941. He was buried in Nyeri, in the compound of St. Peter's Church. On February 22 of every year all Scouts celebrate the birthday of their Founder, Lord Baden-Powell. This day is called: "Founder's Day." It was by coincidence that he happened to share the same birthday with his wife. The Girl Guides call this day: "Thinking Day."



# The Origin of scouting

When BP discovered that boys were organizing themselves into Scouts, he decided to set up an experimental camp. In 1907, he took a group of boys to a camp for a week on Brownsea Island in Southern England. This was the real beginning of the Scout Movement. At the camp they swam, signaled, tracked, cooked, hiked and played games. Every evening they sat around a campfire and listened to stories and adventures from BP. That same year, 1907, he resigned from the Army at the age of 50 years.

In 1908, BP summarized his ideas and experiences in a book called "Scouting For Boys." He wanted to encourage the youth in his country to be more resourceful and intelligent, to challenge themselves by taking part in a wide range of activities in an organised way. In 1910, he started a similar programme for girls known as "Girl Guiding." This was led by his sister Agnes and

later by his wife, Lady Olive Baden-Powell. Scouting then spread across the world like bushfire.

## SCOUTING IN KENYA

The birth of the Scout Movement in Kenya came shortly after it started in the United Kingdom. The first Nairobi troop was formed at St. John's Church (C.M.S.) Pumwani on November 24, 1910. In 1925 the first Eldoret troop was registered. The first Kijabe (Kenton College) troop was registered in 1926. During this time, the troops formed were mainly composed of Europeans and Asians. The first African troop was formed at Alliance Boys High School under the name "First Kikuyu Troop" in 1927. At this time Scouts took part in activities and public services, such as helping the poor.

## OTHER IMPORTANT EVENTS IN THE HISTORY OF KENYAN SCOUTING INCLUDE:

### YEAR EVENT

**1920** 2nd Nairobi Troop formed at All Saints Cathedral. First Annual General Meeting held at Government House. The Governor is made Chairman.  
 First public service recorded by Scouts ("good turn") when they assist in fundraising in aid of European victims of World War I.  
 First Class Badge awarded to William Udali of 1st Nairobi Troop.  
 Census conducted, recording 32 Scouts and Scouters (Scouts and Scout Leaders) and eight cubs.  
 Formation of the first local association.

**1921** The first by-law of the Association approved and authority given by the Director of Education for the formation of Scouts troops.  
 The Sea Scout troop formed in Mombasa.

**1924** 1st Silver Wolf awarded to Peter Foutrister.  
 Three Scouts represent Kenya at the Imperial Jamboree at Wembly, England.

**1927** Scout Shop established.

**1928** 1st Guard of Honour mounted by 1st Kikuyu Troop to Prince of Wales.



**1929** Twenty Scouts from Kenya attended Arrow Park Jamboree in England (12 Europeans and 8 Asians).

**1930** 1st and 2nd Mombasa Troops were formed at Allidina Visram School and Agha Khan School.

**1933** The Kenya Boys Scouts Association officially formed.

Local Associations registered by 1933 include: Nairobi, Nakuru, Mombasa, Transnzoia, Uasin Gishu and Nyanza.

**1934** 1st Kenya Rally held at Government House, Nairobi, followed by newly constituted Kenya Scout Council.

**1935** Hon A. De V. Wade appointed acting Chief Scout of Kenya.

Baden-Powell, founder of Scouting, visits Kenya.

Kenya Boy Scouts Association approves the Kenya Emblem (the lion) for use.

**1937** Paxtu opened in Nyeri. BP spends winter in Kenya.

**1938** Baden-Powell moves permanently to Kenya.

**1941** BP dies January 8, 1941. He is buried at Nyeri in the compound of St. Peter's Church.

**1950** Ngong Forest Camp opened.

**1952** The Ngong Forest Camp re-named Rowallan Camp in honour of Lord Rowallan, Chief Scout of the Commonwealth Scouts.

Scouts Job Week ("bob a job") introduced.

Six Patrol Trainers' Course for children and 1st and 2nd Woodbadge courses for older Scouts held at Rowallan Camp.

**1957** "Asante" rally held at Nyeri.

**1963** Kenya becomes independent; President Jomo Kenyatta becomes the first Africa Patron.

Mrs. Helen Rubia becomes the Chief Guider.

Hon. Jeremiah Nyagah becomes the first Chief Commissioner of the Association, an independent Association with its own policy, organization and rules.

**1964** Kenya Boys Scouts Association becomes a member of the World Scout Conference.  
The name changes to The Kenya Scouts Association.  
Mr. Musa Amalemba is appointed Deputy Chief Commissioner.

**1967** Hon. Daniel Arap Moi becomes the Chief Scout.

**1973** Kenya hosts the 24th World Scout Conference in Nairobi.



**1976** Mr. Kiraithe Nyaga becomes the National Executive Commissioner of the Kenya Scouts Association.

**1977** Lady Baden-Powell dies in England on June 25, 1977. On August 9, her ashes are flown to Kenya and buried in her husband's grave.

**1978** 1st Kenya Jamboree held at Rowallan Camp.

**1980** Kenya Scout Magazine launched, replacing the colonial version "Badian." Mr. J.O. Okoko is Chief Editor.

**1982** The Africa Regional Office of the World Scout Bureau transferred from Accra, Ghana to Kenya. Mr. Kiraithe Nyaga becomes Regional Commissioner.

**1984** Kenya hosts 5th Africa Regional Conference.

**1986** 1994 Mr. Daniel G. Mwangi was National Executive Commissioner.

**1990** Scouting in Kenya opened to young people without discrimination on the basis of gender.

**1992** Mr. Peter Ngui is appointed National Executive Commissioner.

**1994** Mr. Ndungu Kahihu is appointed National Executive Commissioner.

**1995** Mr. Henry Ojera is appointed Acting National Executive Commissioner.

**1997** Mr. Ndungu Kahihu reappointed as National Executive Commissioner.

**2000** Mr. Ongulu Etemesi is appointed Acting National Executive Commissioner.

**2000** Ms. Ngina Muge is appointed National Executive Commissioner.

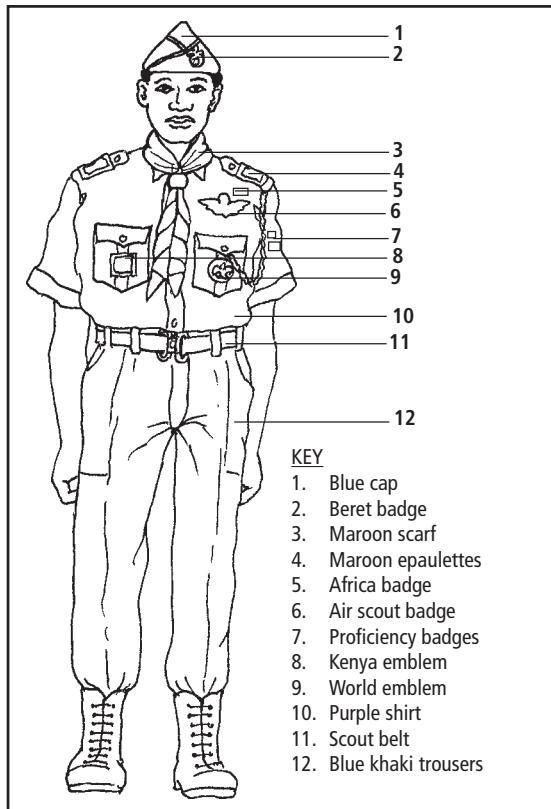
**2000** Tragic death of Kiraithe Nyaga in air accident.

**2001** Col. Henry Nyambok is appointed Acting National Executive Commissioner.

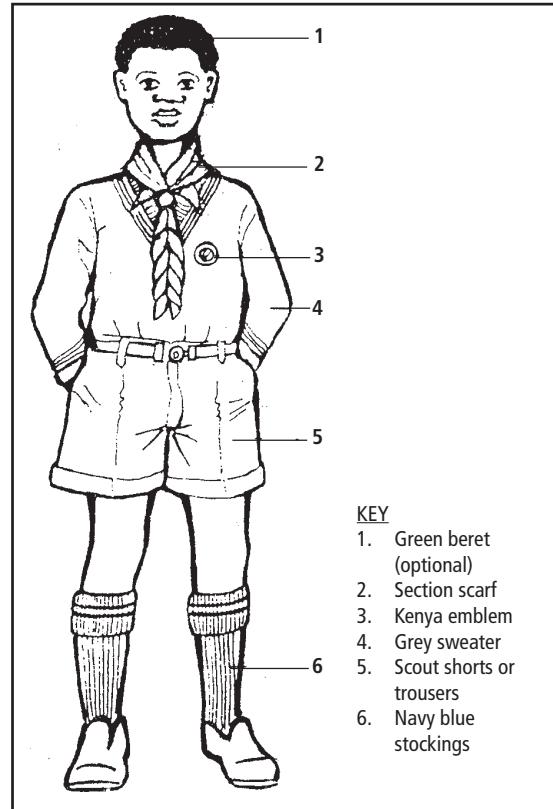
**Kenya was not only the first country in Africa to start the Scout Movement, but was also the second home of BP, founder of the Scout Movement. He is quoted as saying that he always felt at the centre of things when in Kenya. He decided therefore, to live here from October 1938 until his death on January 8, 1941. He is buried at Nyeri.**

# General Uniforms

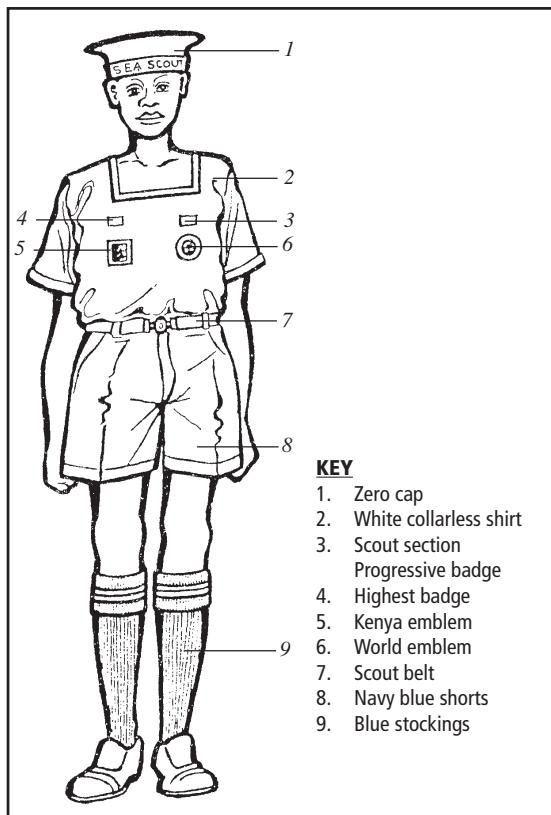
AIR SCOUTS UNIFORM



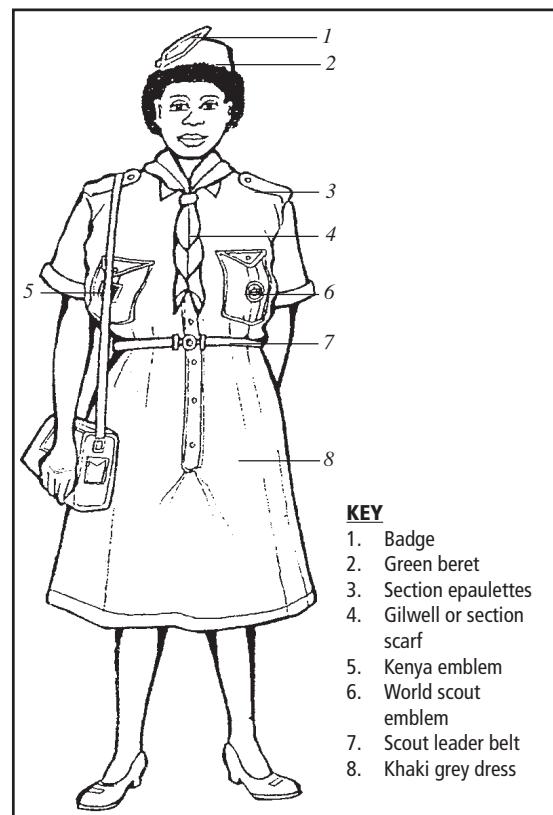
SCOUTS COLD WEATHER UNIFORM



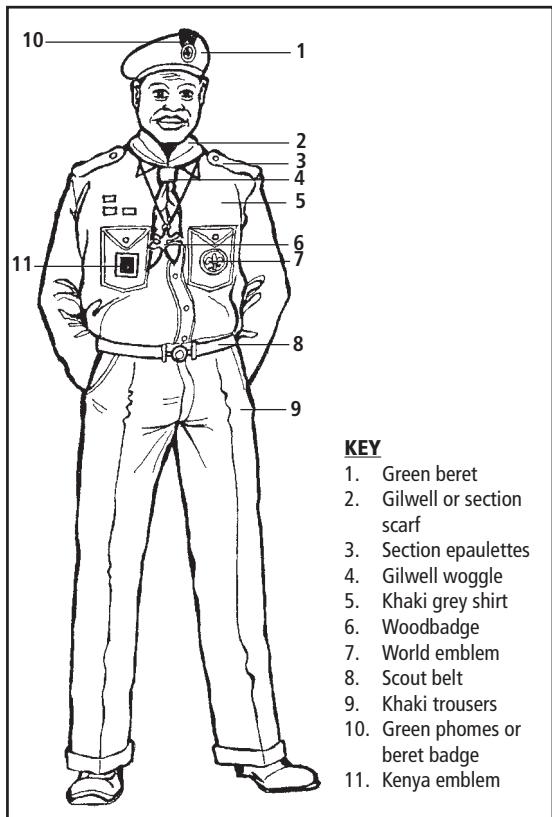
SEA SCOUTS: HOT WEATHER UNIFORM FOR ALL AGE SECTIONS



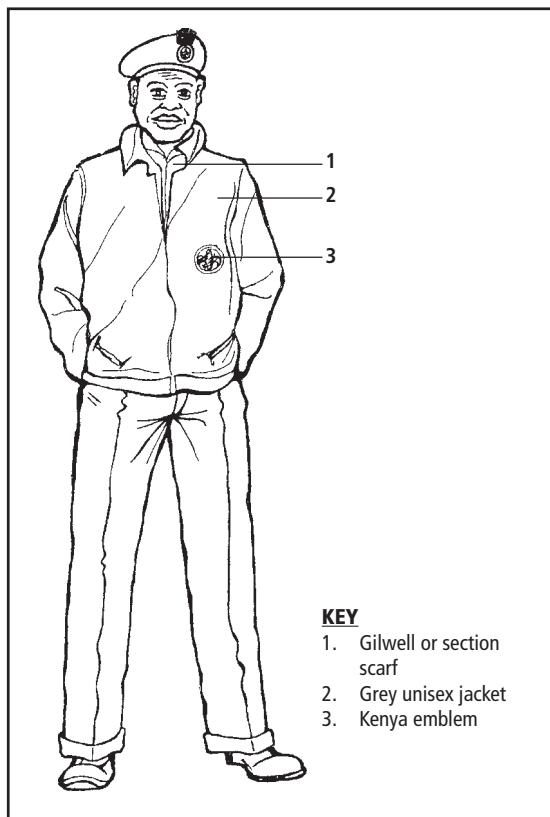
SCOUT LEADERS UNIFORM (WOMEN)



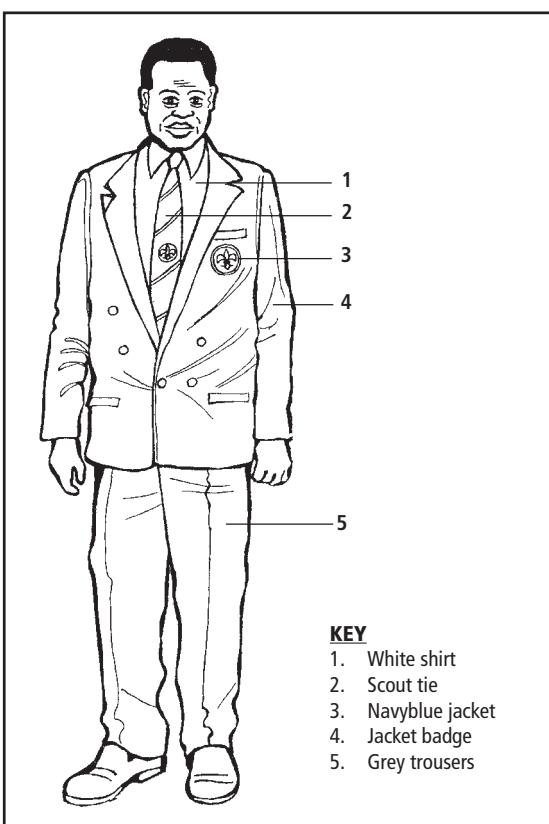
## SCOUT LEADERS UNIFORM (MEN)

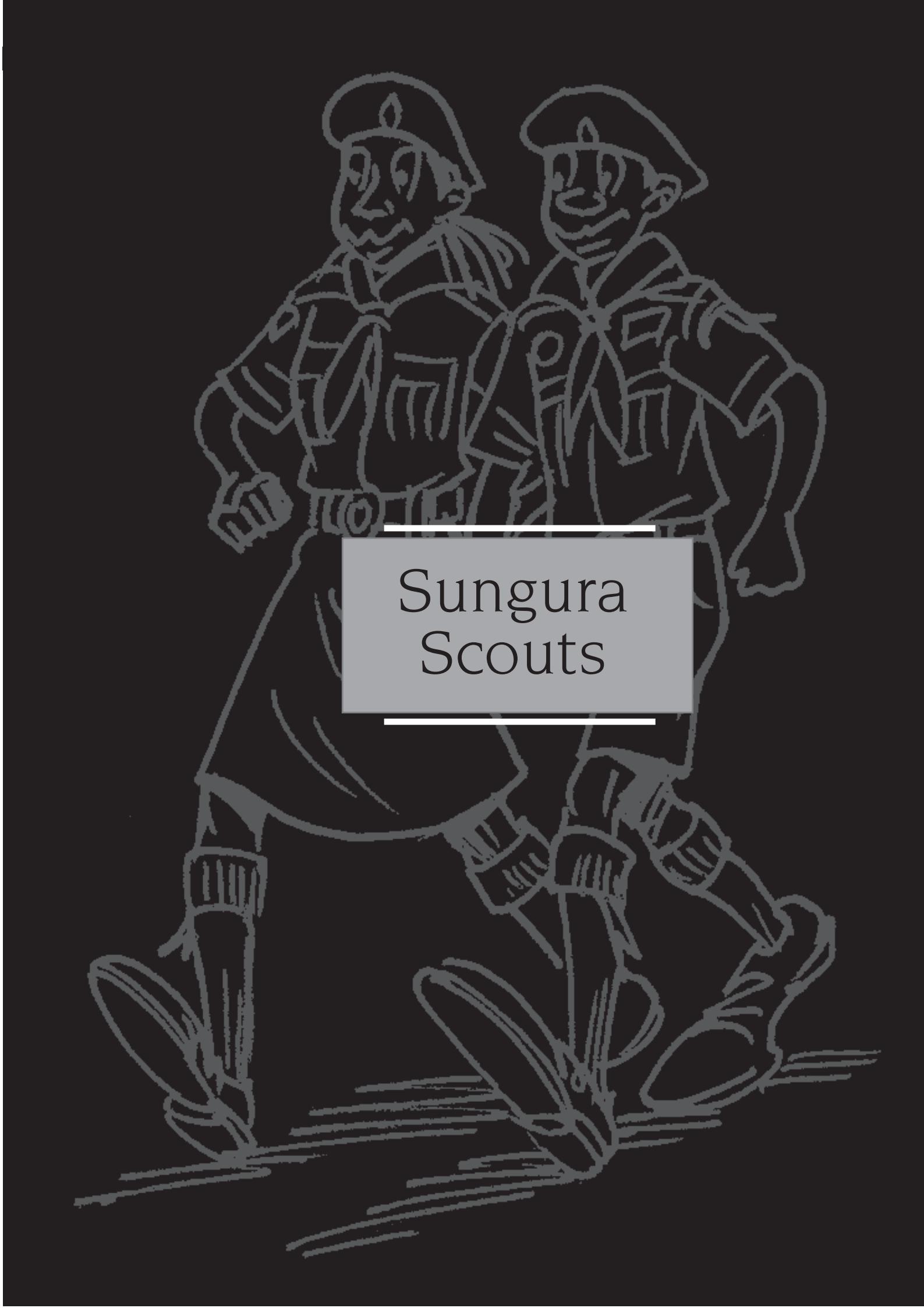


## SCOUT LEADERS COLD WEATHER DRESS



## SCOUT OFFICIALS FORMAL DRESS





Sungura  
Scouts

# The Sungura Scout Promise

I promise to do my best;  
To do my duty to God and my Country;  
To obey the Sungura Scout Law, and;  
*To help somebody every day.*

## THE SUNGURA SCOUT LAW

Sungura Scouts obey their leaders,  
Think of others before themselves, and  
Always do their best.

## THE SUNGURA SCOUT MOTTO

"Do Your Best"

## THE SUNGURA SCOUT SECTION COLOR

Yellow

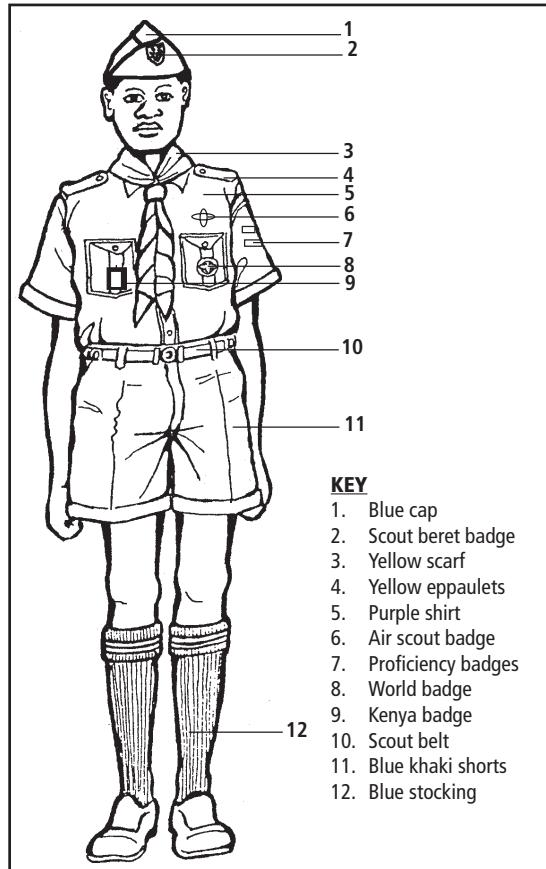
## THE SUNGURA SCOUT SECTION AGE BRACKET

Age 6 to 11 years

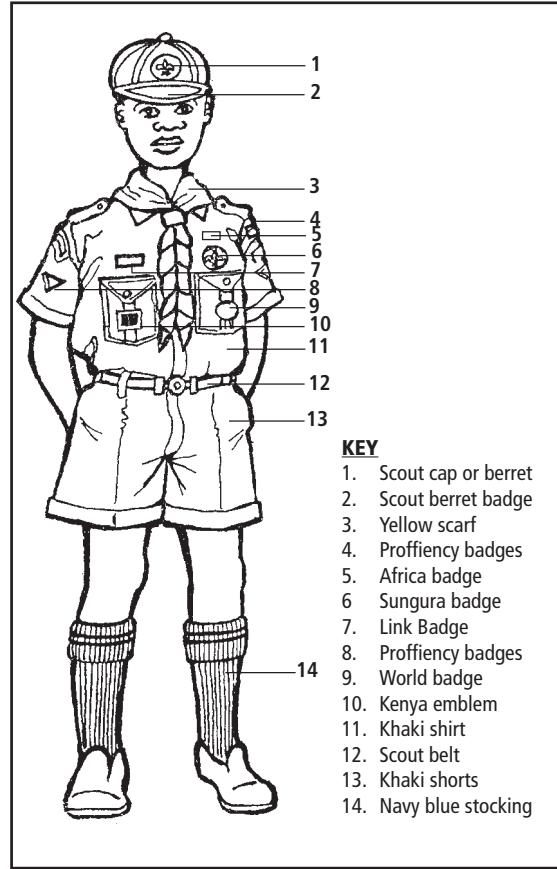


# Sungura Uniforms

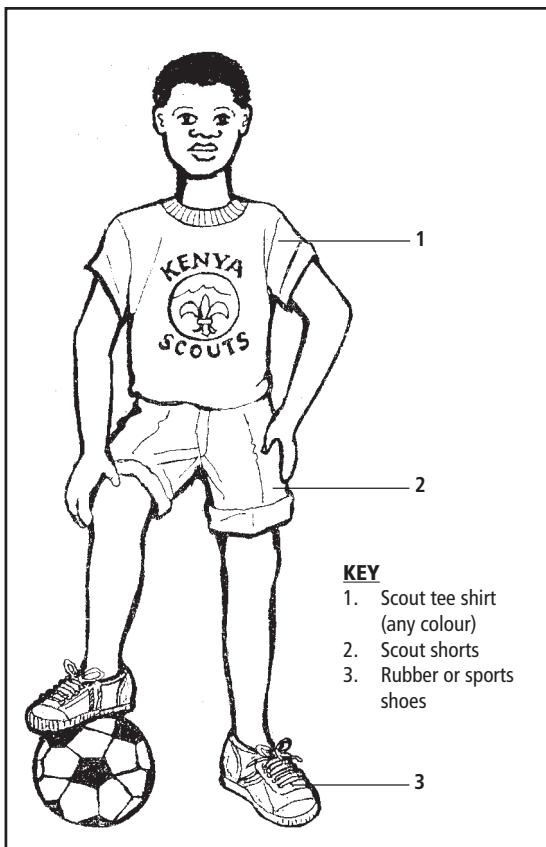
SUNGURA AIR SCOUTS



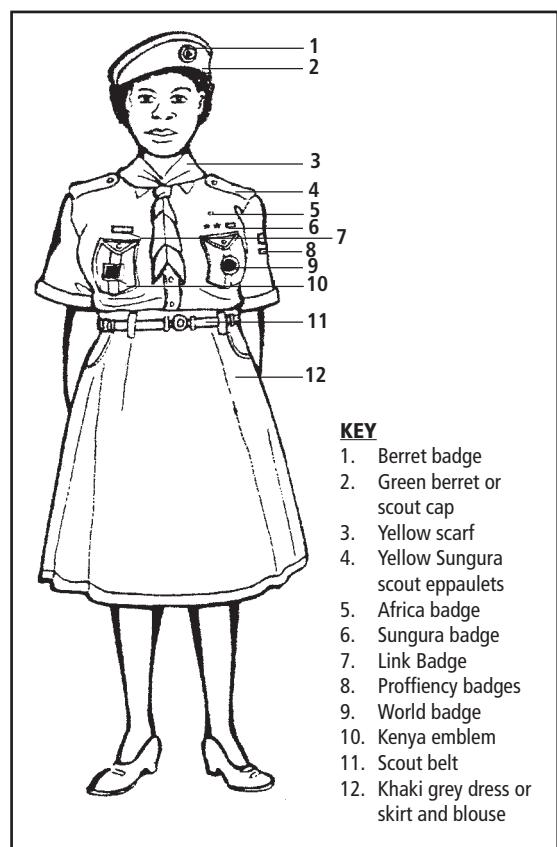
SUNGURA SCOUT UNIFORM



SUNGURA SCOUTS (CASUAL DRESS)



SUNGURA SCOUT UNIFORM (GIRLS)



# Introduction

The Sungura Stage of Scouting is meant for young people between the ages of six and 11 years. The requirements for Sungura Scouts include:

1. Admission ("Pre-Investiture").
2. Three standard badges: Nyota I, II, III.
3. A series of proficiency badges covering different subjects. Only two of these may be worn after Nyota I before attaining the Nyota II Badge.
4. The Sungura Link Badge, which may only be worn after attaining Nyota III and at least three specified proficiency badges. This is the highest award for the Sungura Scout and may continue to be worn at the Chipukizi section until the Chui Badge is attained.

The Sungura stage is aimed at instilling the fundamental basics of Scouting in the young person and fostering the spirit of brotherhood, respect for God, and patriotism.

## PRE-INVESTITURE

This is a compulsory test for all Sungura Scouts and on passing it the Scout is "invested" – officially becomes part of the Sungura program — and is allowed to wear the Sungura Scouts uniform. To qualify for this, the Scout must pass the following tests:

1. Recite the Sungura Scout Law and Promise.
2. Demonstrate the Sungura Scout salute, sign, and recite the motto.
3. Explain briefly the history of Scouting in Kenya.

## INVESTITURE

This is the ceremony where the young Scout is admitted into the worldwide fraternity of the Scout movement. The Sungura Scout will only be invested after passing all the pre-investiture tests to the satisfaction of the Scout Leader. Before performing the Investiture, the Sungura Scout Leader should explain the importance of the ceremony, especially as a binding oath to Scout principles.

To impress upon the young Scout the uniqueness and importance of the Investiture Ceremony, it is advised that the Sungura Scout Leader should not "invest" more than three Scouts at any one time. Should he so wish, the Sungura Scout Leader could invite another qualified Scouter to perform the ceremony. Although there is nothing wrong in inviting other people to witness the occasion it is important to keep the ceremony short and simple and to keep in mind the focus: the Scout being invested.

## THE CEREMONY

*The Sungura Scouts stand in horseshoe formation.*

**Scout Leader:** "Alert"

*Sungura Scouts stand at alert. The Sixer Leader (the leader of the Sungura patrol) brings forward the Scout who is to be invested. After a word of greeting the sixer marches back to the patrol.*

**Scout Leader:** "At ease"

*The Scouts stand at ease. The Sungura Scout leader now addresses the new Scout recruit.*

**Scout Leader:** Do you want to be a Sungura Scout?

**Sungura Scout:** Yes Leader, I do.

**Scout Leader:** What is the Sungura Scout Law?

**Scout Leader:** (Recites Law)

**Scout Leader:** Do you know the Sungura Scout Promise?

**Sungura Scout:** Yes Leader, I do.

**Scout Leader:** Are you ready to make your promise?



**Sungura Scout:** Yes Leader, I am.

*The Sungura Scout Leader puts the Sungura Scout group at Alert. All make the Scout Sign. The new Scout recruit then makes the Sungura Scout Promise, repeating each phrase after the Leader.*

*The Scout Leader then shakes the left hand of the new Sungura Scout.*

**Scout Leader:** "I trust you to do your best to

keep this promise. You are now a Sungura Scout and one of the worldwide brotherhood of Scouts."

The Scout Leader then presents the new Sungura Scout with the World Scout Badge and Kenya Emblem. He may also present the Sungura Section Badge, scarf and the record book/registration card.

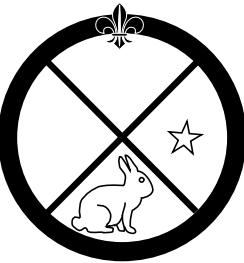
*The Sungura Scout then turns and salutes other members, who salute back. He then marches back to his place.*



# Sungura Scouts Standard Badges

## NYOTA I STAGE

Before being awarded the Nyota I Badge the Sungura Scout must do the following to the satisfaction of the Sungura Scout Leader:



- 1. SCOUTING SKILLS**
  - (a) Take an active part in two open-air activities (a walk, folk dances, a pack-meeting, etc).
  - (b) Tie the following knots: Reef Knot, Sheet Bend.
  - (c) Make a useful toy using any locally available material (metal, paper, cloth, etc).
- 2. CONSERVATION**
  - (a) Explain what litter is and how to dispose of it.
  - (b) Maintain a birdbath for at least one month.
- 3. HEALTH AND SANITATION**
  - (a) After two outdoor activities, make sure that the area used is left clean and free from litter.
  - (b) Keep hands, feet, teeth, nails and ears clean for at least one month.
- 4. PHYSICAL DEVELOPMENT**
  - (a) Locate at least one local or national sports playing field or stadium.
  - (b) Name one popular game.
- 5. SCOUTING SPIRIT**
  - (a) Demonstrate the Scout handshake.
  - (b) Name the different parts of the Sungura Scout uniform.
  - (c) Do a good turn for at least one month.
- 6. SPIRITUAL DEVELOPMENT**
  - (a) Tell the Sungura Scout Leader the meaning of "think of others first."
  - (b) Attend a place of worship with parents or others regularly for at least one month.
- 7. CITIZENSHIP**
  - (a) Name the different colours of the Kenya National Flag.
  - (b) Show or explain the location of any three of these: nearest shopping centre, school, kiosk, places of worship, police post or station, post office, chief's office.
- 8. EDUCATION AND LITERACY**

Using either English or Kiswahili languages:

  - (a) Recite and write the letters of the alphabet,
  - OR:**
  - (b) Recite the counting numbers 1 through 20 and write them down.
- 9. AGRICULTURE**
  - (a) Name two animals that give milk or meat used by human beings.
  - (b) Name five main crops or foodstuffs from one area.
- 10. REPRODUCTIVE HEALTH EDUCATION**
  - (a) Name each member of your family.
  - (b) Describe what each member of your family does every morning before leaving the house.
  - (c) Name the alcoholic drinks, medicines and cigarettes that you know.
  - (d) Name who among the family smokes or drinks alcohol.

## NYOTA II STAGE

Before being awarded the Nyota II Badge, the Sungura Scout must do the following to the satisfaction of the Sungura Scout leader:

- 1. SCOUTING SKILLS**
  - (a) Greet someone correctly in a language other than your mother tongue.
  - (b) Sing a song to "The Six" (the Sungura patrol, composed of six members).
  - (c) Tie the Packers Knot.
- 2. CONSERVATION**
  - (a) Name three uses of trees/flowers. Plant at least one tree/flower and care for it for two months.
  - (b) Name three uses of water.
  - (c) Choose an insect, bird or animal and explain three of its living habits.



**3. HEALTH AND SANITATION**

- (a) Help keep a given area clean for at least one month.
- (b) Demonstrate continuous cleanliness of clothes,
- (c) handkerchiefs, socks, shoes, etc — for at least two months.

**4. PHYSICAL DEVELOPMENT**

- (a) Do any two of these activities: somersault, leapfrog, ball throwing or balancing.
- (b) Demonstrate the proper method of sitting, standing or walking.

**5. SCOUTING SPIRIT**

- (a) Explain what a "good turn" is.
- (b) Explain what Sungura Scout Law and Promise mean.

**6. SPIRITUAL DEVELOPMENT**

- (a) Continue to attend worship services regularly with parents and/or others for at least two months.
- (c) Help take care of a pet, plant or sick or disabled person for at least one month.

**7. CITIZENSHIP**

- (a) Sing the first verse of the National Anthem in Kiswahili and English.
- (b) Name three Kenya National Days.
- (c) Show how to cross the road safely and on which side to walk.

**8. EDUCATION AND LITERACY**

- (a) Read and copy the Sungura Scout Law, Promise and motto.
- (b) Read or narrate a local short story in your own language.

**9. AGRICULTURE**

- (a) Keep or take care of an animal or bird for at least three months.

**OR:**

- (b) Grow at least three species of flowering or vegetable plants, either in a garden or a container.

**10. REPRODUCTIVE HEALTH EDUCATION**

- (a) Draw a Family Tree showing parents and other family members.

**OR:**

- (b) Draw pictures that tell a story about the different activities of members of your family.
- (c) Help (for a period of one month) with some of the household duties usually done by your mother.
- (d) Draw a model of a cigarette and describe two negative things about smoking.
- (e) Demonstrate how a drunkard walks when drunk.

**OR:**

- (f) Describe how people behave after taking alcohol.

**NYOTA III STAGE**

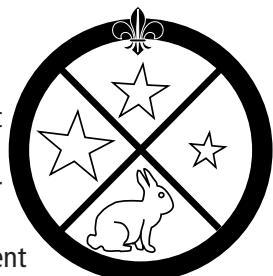
Before being awarded the Nyota III Badge the Sungura Scout must do the following to the satisfaction of the Sungura Scout Leader:

**1. SCOUTING SKILLS**

- (a) Recognize five common tracks in your local area (cattle, vehicles, etc).
- (b) Make two simple gadgets (mug tree, clothesline, rubbish disposal bag, etc).
- (c) Lead the six for five minutes in a song, yell or mime.
- (d) Demonstrate how to call for help in an emergency.

**2. CONSERVATION**

- (a) Collect two different seeds and grow them in a container or in a garden.
- (b) Conduct an experiment by pouring water on soil with and without vegetation and explain what happens (i.e. soil erosion).

**3. HEALTH AND SANITATION**

- (a) Identify at least two danger areas in and around the home and explain how to help younger children avoid accidents.
- (b) Point to three blood pressure points of the body.

**4. PHYSICAL DEVELOPMENT**

- (a) Teach the six at least two games, yells or songs.
- (b) Under observation, ride a bicycle for two kilometres or walk one-kilometer demonstrating six traffic signals and rules applicable to a cyclist or walker.



## 5. SCOUTING SPIRIT

- (a) Demonstrate with the six a practical example of how to put the Sungura Scout Law into practice.
- (b) Explain the organization of the six and the Sungura Scout unit.
- (c) Participate in a community service activity carried out with members of at least one of the other Scout sections.

## 6. SPIRITUAL DEVELOPMENT

- (a) Say prayers before meals or patrol activities regularly for at least two months.
- (b) Discuss the Law and Promise with Sungura Scout leaders, giving simple examples of how to apply them in daily life.

## 7. CITIZENSHIP

- (a) Draw the National Flag in full colours and fix it in your book.
- (b) Tell a story of one local hero to the six.
- (c) Draw or point out different road signs and explain what they mean.

## 8. EDUCATION AND LITERACY

- (a) Explain the meaning of Sungura Scout Law and Promise to the six.
- (b) Collect three local stories and write them down or tell them to the six.

## 9. AGRICULTURE

- (a) Keep a garden or help in a family plot for at least three months.
- (b) Explain why food should be kept safe from insects and rodents.

## 10. REPRODUCTIVE HEALTH EDUCATION

- (a) Describe two of your rights and duties in your family.
- (b) Tell your patrol three physical changes that take place as a person grows from birth to age 12.
- (c) Compare and discuss with the six the division of labour in your home.

- (d) Describe where one gets cigarettes or alcohol.
- (e) As a six, stage a short play depicting the negative effects of taking alcohol.



## LINK BADGE

The Sungura Scout Leader may award the Link Badge at a suitable ceremony. It shall be awarded to the Sungura Scout who has attained the Nyota III Badge and any three proficiency badges (one of which must be the First Aider, Mwananchi, Elimu or Handyman Badge). The Sungura Scout who attains his badge may wear it while in the six and when he goes up to the next section. However, once he obtains the Chui Badge, he must remove the Link Badge. The Link Badge is worn on the right breast above the pocket.

## GOING UP CEREMONY

The Sungura Scout who has passed the Link Badge graduates to the Chipukizi Scout Unit Section. The Scouts make two horseshoe formations (one composed of Sungura Scouts and one composed of Chipukizi Scouts) facing each other, with a line between them. The Sixer brings the Scout to be promoted to the middle of the two circles and explains to the Patrol Leader of the Chipukizi Unit the position of the new Scout. The Sixer salutes the Patrol Leader and the Patrol Leader in turn salutes the Sixer. The new Scout is welcomed by the Patrol Leader of the Chipukizi Unit by left-hand shake and crosses the line in the middle of the two units. Upon crossing the line, the Chipukizi Scouts will make yells and other signs of welcome and the Patrol Leader will lead him to his new patrol. This ceremony will be conducted by a Group Scout Leader or the Area Commissioner in the presence of the Sungura Scout Leader and the Chipukizi Scout Leader, their assistants and members of the Group Scout Council.

# Sungura Scout proficiency badges

## SUNGURA ANIMAL HUSBANDRY

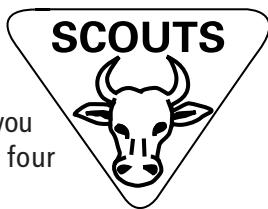
1. Identify one of the following animals: Chicken, bee, rabbit, fish or any other suitable animal as agreed with the examiner.

2. Draw a picture of the animal labelling its parts. Write detailed information on the parts of the animal.
3. Describe at least two diseases, how they attack



the animal and investigate how they can be cured.

- Care for the animal you select for a period of four months.



### SUNGURA ARTIST

There are three alternative sets of requirements for this badge. If the Sungura Scout passes all the tests in any one section or at least two tests from each section then he/she qualifies to wear the Sungura Artist Badge.

#### SECTION A

- In the presence of an examiner, draw with a pencil, brush, pen, crayon or charcoal, etc, an original illustration of any incident, character or scene from a simple story told by the examiner. The size of the illustration should not be less than 18 x 13 centimetres.
- Keep a sketchbook in which he/she records, in sketch form, interesting daily events or occurrences for at least three months.
- Design and make a greeting card using paper, cardboard or natural materials like banana bark.



#### SECTION B

- Make a model in clay or other plastic material, at least 10 centimetres in height.
- Make a decorative article from cane, raffia, wool, leather, wood or any other suitable material that has been approved in advance by the examiner.
- Make a design and print it on paper or cloth using potato cuts, woods cuts or any other suitable material.

#### SECTION C

- Make a useful toy or model of a reasonable size.
- With prior approval of the examiner, undertake a project involving the use of a plastic or metal construction kit or model with movable parts. Demonstrate an imaginative approach to the project and a high quality of workmanship.

- Decorate a panel, screen or part of a wall of at least 70 centimetres square.

### SUNGURA ATHLETE

There are five optional sections in this badge. On reaching the standard for any three sections the Sungura Scout qualifies to wear the athlete badge.



The Sungura Scout must attain at least 24 points for any three attempts at a given event. Alternatively if on the third attempt they show an improvement of six or more points over their initial score and satisfy the examiner that they have tried their best, then they may (at the examiners discretion) be awarded the Athlete Badge.

#### SECTION A: Sprinting

##### 50 metres race:

11 seconds	10 seconds	9 seconds
5 points	7 points	10 points

#### SECTION B: Ball Throwing (Tennis or rubber type of approximately 7.5 cm diameter)

18 metres	25 metres	35 metres
5 points	7 points	10 points

#### SECTION C: Climbing

##### (a) Rope climbing:

2 metres	3 metres	4 metres
5 points	7 points	10 points

##### (b) Tree climbing:

3 metres	3.5 metres	4.5 metres
5 points	7 points	10 points

#### SECTION D: High Jump

0.76 metres	0.86 metres	0.96 metres
5 points§	7 points	10 points

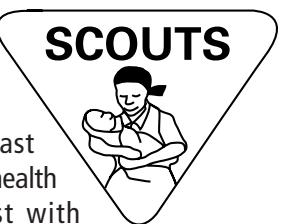
#### SECTION E: Long Jump

2 metres	2.5 metres	3 metres
5 points	7 metres	10 points



**SUNGURA CHILD HEALTH**

1. Name three diseases that can be prevented by immunizing children.
2. Demonstrate to the examiner how a doctor or health worker would immunize somebody against Polio.
3. Take part for at least four hours in a child health campaign or assist with others in some tasks at a nearby health center or hospital.
4. Mention three things we can do to protect ourselves from diseases.

**SCOUTS****SUNGURA COLLECTOR**

The Sungura Scout should choose a good collection of one group of objects, neatly and systematically arranged, for a period of at least three months. Be able to demonstrate knowledge about the collection and show intelligent interest in it. Below are some suggestions of types of collections:

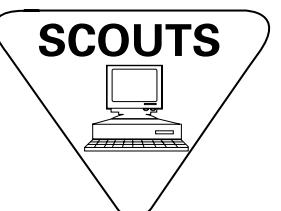
Stamps, postmarks, pictures, postcards, matchbox tops, foreign coins, leaves, dried flowers (for the purpose of the last two, photographs or traces may be accepted). Any collection that could be harmful to the Scout or to conservation is not admissible.

**OR**

Keep a scrapbook, diary of events, newspaper cuttings, etc, for a period of at least three months.

**SUNGURA COMPUTERIST**

1. Be able to write a sentence using a computer.
2. Be able to use the mouse.
3. Be able to play any computer game.

**SCOUTS****SUNGURA CONSERVATION**

This is a badge in three sections: A, B, and C. On passing any two sections the Sungura Scout can wear the Conservation Badge.

**SECTION A:**

1. Choose a wild animal, tree, fish or bird. Find out as much information about it as possible

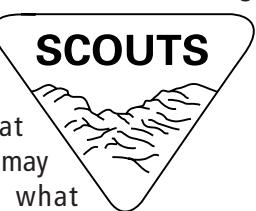
and report your findings in the form of a chart, a logbook or scrapbook including photographs, sketches, etc, where possible.

2. Take part with the six or another group in an anti-litter campaign, or nature survey.
3. Set up a bird feeding table, maintain it and keep a record of the birds observed over a three month period.

**OR:**

Keep a pet and look after it carefully. Keep a record of this pet's behaviour, of its feeding habits and how you have looked after it.

Explain how to recognize and treat common illness that may affect the pet and what special care is needed in breeding.

**SCOUTS****SECTION B:**

1. Go on an expedition with the six. Find out any damage made by man to the environment and any examples of efforts made to protect it.
2. Name an endangered animal, bird, plant, fish, etc and suggest at least three measures that can be taken to save the species.
3. Make a poster that could help to inform the public of the dangers to wildlife survival in the country.

**SECTION C:**

1. Either
  - (a) Carry out an experiment, which shows the danger of soil erosion.

**OR:**

- (b) Study the effects of water or air pollution and make a chart or display.

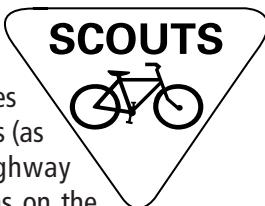
2. Demonstrate how water rises from the ground and soaks the soil (capillary action) or how plants produce oxygen or the existence of oxygen in the air.
3. Plant, look after and observe one of the following for at least three months:
  - (a) A tree/flower (to improve the environment of the area where the Scout lives).
  - (b) Grass /leaves (to cover a path or ground where there has been no vegetation).
  - (c) Useful plants or flowers in a box or flowerpot where land is scarce.



**SUNGURA CYCLIST**

1. Own or have the regular use of a bicycle and be able to pump up the tyres.
2. Explain the need for keeping the bicycle in a roadworthy condition.
3. Under observation, go for a ride of at least four kilometres on a specified course.

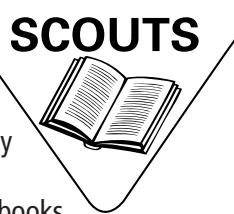
Show the proper use signals and rules applicable to cyclists (as set out in the Highway Code in the sections on the road user "on wheels" and, in particular, cyclists). The route shall, as much as possible, include cross roads, pedestrian crossings, right hand turns and roundabouts.

**SUNGURA DRUG ABUSE PREVENTION**

1. Name four most commonly abused drugs and substances in Kenya.
2. Who in the community is responsible for the prevention of drug abuse?.
3. Which are the commonly abused drugs and substances that you are aware of.
4. What are the dangers of taking the following drugs:- Alcohol, Tobacco, Bhang, Glue and Miraa (Khat).

**SUNGURA ELIMU**

1. Produce a list of books read in the previous twelve months. Name their authors and be able to tell the examiner something about any three of the books.
2. Show how to care for books and make a dust cover and label it neatly with the book title.
3. Demonstrate how to use a dictionary, encyclopedia, thesaurus or atlas.
4. Describe three advantages of knowing how to read and write.
5. Describe the location of the nearest Adult Education Centre.

**SUNGURA ENTERTAINER**

Entertain the six or a similar audience by completing two activities from Group A and two from Group B.

**GROUP A:**

1. Teach the six a simple song.
2. Make up a short play and produce it.
3. Lead the six in a traditional dance.
4. Make a simple musical instrument and use it as an accompaniment to a song.
5. Act as a "Stage Manager" for a six play.

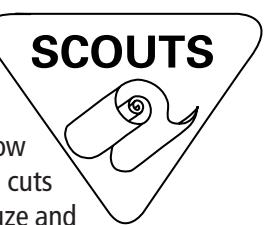
**GROUP B:**

1. Sing two traditional/folk songs.
2. Perform three conjuring tricks.
3. Tell a "yarn" or traditional story lasting at least five minutes.
4. Perform a series of tumbling tricks.

**NOTE:** Other forms of entertainment of comparable standards are acceptable if the examiner approves them beforehand.

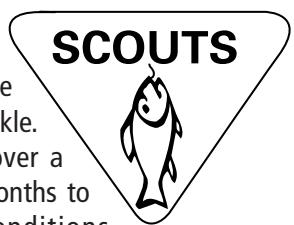
**SUNGURA FIRST AIDER**

1. Know the limits of first aid treatment and the need to summon adult help in any emergency.
2. Demonstrate how to control bleeding by directing pressure.
3. Demonstrate simple roller bandaging of the hand and knee and the large arm sling.
4. Know the importance of cleanliness and show how to dress minor cuts and scrapes with gauze and roller bandages; apply and remove adhesive dressings.
5. Name four common causes of burns in the home and their prevention. Describe how to put out burning clothes as well as the simple treatment of burns.
6. Know the symptoms of shock and how to treat it.
7. Demonstrate how to treat insect bites and stings.

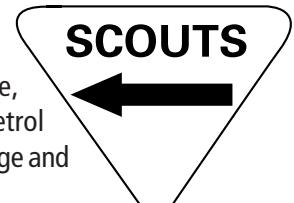


**SUNGURA FISHERMAN**

1. Pass the Sungura Swimmer Badge tests, Section A.
2. State the type of fish that are found in the areas in which the Scout fishes.
3. Make a simple fishing rod and tackle.
4. Keep a logbook over a period of three months to note water conditions, weather, wind, direction and the appropriate baits.
5. Demonstrate a basic knowledge of the dangers of pollution to fishing.

**SUNGURA GUIDE**

1. Demonstrate the ability to direct a stranger on a route in a clear, distinct, concise and polite manner.
2. Locate the nearest police station, doctor, dispensary, health centre or hospital, public telephone, railway station, petrol station, motor garage and hotel.
3. Explain how to call for the fire brigade, police and ambulance and where to find the local administration centre.
4. State routes followed by a local bus or matatu, and name at least two main stops or places along it.

**SUNGURA HANDICRAFT**

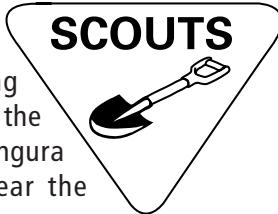
1. Make a useful article from odds and ends like cotton reels, clothes pegs, pieces of wood, etc.
2. Make a worthwhile toy or model of reasonable size such as a boat engine, motor car, aeroplane, human or animal figure, etc.
3. Make two useful or decorative articles from cane, sisal, raffia, wool, leather, wood string or any other suitable material approved by the examiner.



*(Note: An article made as a requirement for Artist Badge or the standard tests may not be admitted for any part of this badge.)*

**SUNGURA HANDYMAN**

This is a three- stage badge. On completing Section A and any of the other sections the Sungura Scout qualifies to wear the Handyman Badge.

**SECTION A:**

1. Make a pot of tea or prepare porridge.
2. Cook a meal using eggs, vegetables or bacon and sausages.
3. Demonstrate how to set the table correctly and wash up after the meal.
4. Wash and iron your Scout scarf.
5. Sew on a badge or button.

**SECTION B:**

1. Make a bed properly.
2. Show how to clean windows, polish silver and brass items or clean a lamp and sufuria.
3. Clean and tidy up a room.
4. Explain what to do in the event of either:
  - A burst water pipe.
  - Leak from a gas cylinder, or:
  - An electrical power cut.
5. Demonstrate two of the following:
  - How to turn on/off the electricity supply at home.
  - How to repair a leaking roof.
  - How to keep a waste point clean and repair a well rope.
  - How to repair a window shutter.
  - How to mend a broken fence.
6. Outline the major steps to take in the case of fire.

**SECTION C:**

1. Make a useful gadget/article for use in the six or at home.
2. Demonstrate how to use and take care of any four of the following tools: hammer, saw, screwdriver, axe, panga, pliers, spanner, jembe, fork jembe.
3. Make and place in a suitable position a nesting box or bird or make a rabbit hutch or chicken enclosure.
4. Show how to repair a puncture in a bicycle tyre.
5. Demonstrate how to prepare and plant, brush or whitewash a wall.



**SUNGURA HOUSE ORDERLY**

1. Make a pot of tea and prepare rice; or fry bacon and sausage; or fry or poach an egg.
2. Do any six of the following seven tests:
  - Prepare potatoes by boiling, baking or frying them.
  - Make a bed, wash up cookery, utensils, etc.
  - Clean windows and silver or brasswork.
  - Clean and tidy a room or hut.
  - Lay a table for a meal for at least three people.
  - Thread a needle and sew on a button, or mend a tear in a shirt or shorts.
  - Wash and iron your scarf and Scout or school uniform.

**SCOUTS****SUNGURA LINGUIST**

Carry out three of the following in a language other than English, Kiswahili or mother tongue.

N/B: A regional dialect of the Sungura Scout's language is not admissible.

**SCOUTS****MWANA****Lugha**

1. Give clear directions of the whereabouts of the following (if they exist in the locality): shops, police station, administration centre, post office, church, petrol station, hotels, hospitals or dispensary.
2. Answer simple questions about public transport in the area.
3. Describe or explain such items as level crossing place, no throughway, return ticket

**AND:**

- In the town: one way street, traffic lights, pedestrian crossing;

**OR:**

- In the country: footpath, bridge or crossing place, market, school or place of worship.

4. State the days of the week, the months of the year and the date.
5. Explain how to use a public telephone in the area or how to reach the nearest post office.

**SCOUTS****SCOUTS****SUNGURA MKULIMA**

1. Care for and cultivate a piece of land of at least foursquare metres for a period of at least four months and demonstrate how to grow at least one quick-growing crop.
2. Demonstrate how to use and care for three of the following tools: spade, fork, jembe, hoe, rake, panga, fork jembe or mattock.
3. Point out and name six flowers and six vegetables from growing specimens (local names will do).
4. Point out and name:
  - Four common weeds.
  - Three common "enemies" of the farm, and:
  - Three common "friends" of the farm.
5. Name four methods of combating soil erosion and demonstrate at least one of them.
6. Name three methods of preserving food grains and demonstrate one of them.

**SUNGURA MUSICIAN**

1. Be able to sing a solo to your six as the examiner listens.
2. Compose a round and teach the members of your six.
3. Write a simple song in another language (not English or KiSwahili) and sing it with the members of the six.
4. Sing and write the National Anthem of Kenya in both English and KiSwahili.

**SCOUTS****SUNGURA MWANAINCHI**

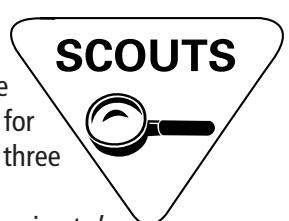
1. Name ten national heroes and describe what four of them are famous for.
2. Using natural colours extracted from plants or animal parts, draw or trace (and then colour) the Kenya Coat of Arms or the National Flag.
3. Copy in your Scout book the national anthem in both English and KiSwahili. Copy two modern or traditional patriotic songs and show somebody how to sing one of them.

**SCOUTS**

4. Draw a map of Kenya with at least four main towns two of which should be the capital city and the headquarters of your district respectively.
5. Take active part in a National Day celebration and describe the significance of the day. The participation in the celebrations should be to the examiner's satisfaction and may be discussed in advance.

#### SUNGURA OBSERVER

1. Observe from life and be able to describe the appearance and habits of any six different living creatures.
2. Recognize from life and name accurately six trees and six wild flowers.
3. Keep (in reasonable detail) a nature log for a period of at least three months.
4. Recall after one minute's observation nine out of twelve objects in a group.



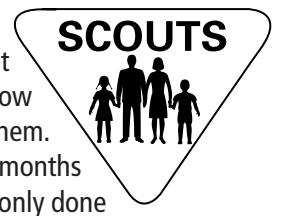
#### SUNGURA PHOTOGRAPHER

1. With any camera take 10 photographs. These should be varied subjects (for example: landscapes, animals, portraits, action shots) and may be in colour or black and white. They may be home or commercially processed.
2. Discuss with the examiner the main features of a simple camera.
3. Demonstrate or describe to the examiner the basic steps in developing, printing and fixing black and white film.



#### SUNGURA REPRODUCTIVE HEALTH EDUCATION

1. Draw a diagram depicting the traditional organization of your community, including family, clan, age groups, tribe, etc.
2. Name three duties that you are supposed to do at home and explain how and when you do them.
3. Spend at least two months doing duties commonly done

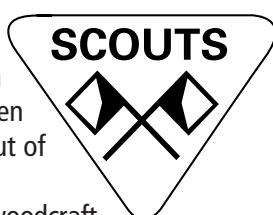


by your mother in the home. (*The parent may be asked to certify this section if possible.*)

4. Name three things Scouts should do and three things they should not do in order to stay healthy and strong.
5. Name four relatives other than your immediate family, and grandparents. Describe the relationship and identify where the relatives live/stay.

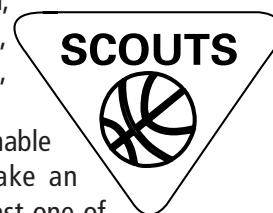
#### SUNGURA SIGNALLER

1. Demonstrate correctly the alphabet in Semaphore or Morse code.
2. Using Semaphore or Morse code, send and slowly read a simple message of ten words. Get eight out of 10 correct.
3. Demonstrate three woodcraft signs.
4. Exchange messages using a "secret code" chosen or invented by the Sungura Scout.



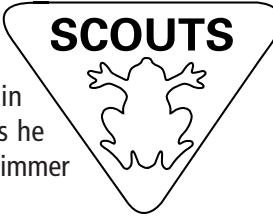
#### SUNGURA SPORTSMAN

1. Explain the basic rules or laws of two team games such as rugby, football, cricket, hockey, rounders, badminton, netball, tennis court, volleyball, baseball, basketball, etc.
2. Demonstrate reasonable proficiency and take an active part in at least one of the games listed above.
3. Explain how to look after the equipment and clothing necessary for the game selected.
4. Show good sportsmanlike spirit in all Sungura Scout games and activities.
5. Explain the reason for taking a shower or bath after games and/or at least changing out of clothes worn during the games, as well as proper care of the feet.



#### SUNGURA SWIMMER

There are three sections in this badge. When the Sungura Scout passes the test in any two of the sections he qualifies to wear the Swimmer Badge.



**SECTION A:**

1. Explain the essential water safety rules.
2. Swim 15 metres using any stroke.
3. Tread water for at least half a minute.

**SECTION B:**

1. Jump or dive from the side of the pool.
2. Demonstrate how to do the crawl by swimming 15 metres using this stroke.
3. Demonstrate how to clean the body before entering a swimming pool, pond, river or lake.

**SECTION C:**

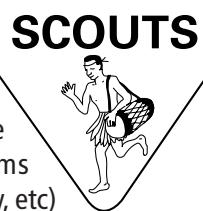
1. Swim 15 metres in shirt and shorts without any pause, one stroke throughout.
2. Float on back for 60 seconds in salt water or 50 seconds in fresh water.
3. Swim for 10 metres using any front stroke.

**N.B:** At all stages of the badge the Sungura Scout should be aware of the dangers of swimming in open waters (danger from crocodiles and other reptiles, poisonous fish, Bilharzia in lakes and ponds, chemicals in swimming pools, etc) and the importance of the buddy system. The Sungura

Scout Leader should satisfy him/herself on the suitability and cleanliness of the pool or body of water before conducting the test.

**SUNGURA UTAMADUNI**

1. Know the history of the national flag, sing the national anthem in either English or Kiswahili, recite the loyalty pledge and demonstrate the correct posture when doing both.
2. Collect or draw at least three traditional musical instruments and demonstrate how at least one is played. (N/B: This need not be to a high artistic degree.)
3. Collect at least three orally performed items (story, song, dance, play, etc) from your cultural background and perform at least one of them for a group and to the examiner's satisfaction.
4. In a discussion with the examiner demonstrate that you understand the importance of preserving our cultural heritage and ways to do this.

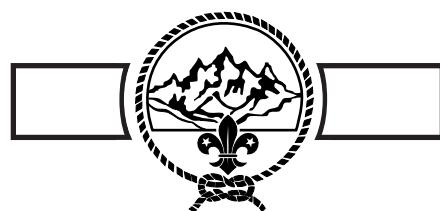


## Join Scouts Fight Drug Abuse

If this book is lost and you find it, please send it to the address shown on page 1 or to:  
The Kenya Scouts Association  
P.O Box 41422 Nairobi  
Tel: 568111,570794  
Fax: 573799



This record book has been produced with the generous support of UNFPA and UNDCP Kenya.



**THE KENYA SCOUTS  
ASSOCIATION**

**SUNGURA SCOUT**

**MEMBERSHIP**

and

progress record card

KAS No:..... **1325**

**SUNGURA SAMPLE CARD**

