

Training

Each Guider was expected to improve her physical health her stamina and her mental alertness, mainly by practising Guide outdoor skills to a standard which would match up, if necessary, to campaign conditions: e.g. practice in walking over rough country, using map and compass at night. Practice in sleeping on the floor over set periods was balanced by encouragement to collect home-made bedding and personal equipment to meet individual ideas of comfort. The emphasis was on acquiring skill to combat difficult conditions rather than upon putting up with unnecessary hardship. There was also preparation for good membership of a team and for facing unavoidable discomfort and deprivation: Make yourself independent of some habit or habits, such as food fads, smoking, use of a hot water bottle, etc.

Skills recommended included practice of observation of people and making reports.

Together with this Jack-of-All-Trades training the Volunteers were given twenty-one suggestions for self-training; they were recommended to pick from these one, or possibly two, subjects in which they were already qualified and improve their standards.

Transport Section: Be able to use and maintain: a bicycle, or a boat, or drive and service a car; or know how to handle and care for a horse or transport animal.

Health Service Section included study of first aid, or nursing, or dietetics or elementary study of how to deal with fear and allied conditions due to war strain.

The Cultural Section underlined the need to study the cultural background and history of the people the trainee hoped to help, and the wisdom of knowing something of British social services, together with the study of books on pioneer work in relief, etc.

A General Section drew attention to practical skills: Learn to type and file documents. Get experience in necessary structural repairs to buildings. Accustom yourself to the use of the 24 hour clock.

They learnt how to assess the condition of buildings and how to repair them



They didn't just learn how to drive lorries and heavy vehicles, they also learnt how to repair and maintain them



Trek-cart hikes trained the guiders in team-ship and tested their physical strength

