

Dervla's Hub Programme Zone

Dervla's Hub programme zone is inspired by exploring our own and new cultures; travelling, discovering the world around you; and overcoming challenges that lie ahead; and of course, cycling!

Trailblazer:

A trailblazer is someone who has inspired others in their field and has a unique story to tell.

Our trailblazer is west Waterford born Dervla Murphy, an adventurer and cyclist, with exceptional stories of her escapades travelling around the world.



Dervla in Barcelona from
<https://www.travelbooks.co.uk/dervla-murphy/>

For Dervla's tenth birthday, she got presents of a bicycle and an atlas.

She explored the world, through the pages of the atlas, and within a few days, started to map out her dream adventure - cycling from Ireland to India. That's 4,850km!

In the miserable winter of 1963, she set off with just her bicycle, called Roz, and all she could fit in her panniers and a small back pack - 6 months later she arrived in India!

She kept a diary of the places she visited and the people she met, and that started her career as a travel writer. Her first book 'Full Tilt' is about her amazing journey to India.

"I remember very well that I was cycling up a hill and I looked down at my legs and thought, 'If I kept doing this I'd reach India'."

We hope that you will be inspired by Dervla's spirit of adventure, her delight in discovering the people and places of the world, and her creativity and determination when she was faced with difficulties.

Cycling

Some of you will have more experience of cycling than others. Maybe you have never really cycled, well now is the time to improve your skills, whatever your level. You can help each other, so that by the Jamborí you will all be very confident and capable cyclists.

This is also a great opportunity to earn a Special Interest Badge. Discuss in your patrols what challenges you might set yourself.

There are five Special Interest Badge areas, these 3 are probably the most suitable:

- Skills – This can be any new personal skill e.g. bicycle care and maintenance,
- Adventure – This should be an adventure journey that includes something completely new i.e. a bike hike
- Physical – This can include any physical pursuit, activity or sport i.e. cycling



Creating your Special Interest Badge

Step 1 – Pick your subject or interest

Step 2 – Decide what Special Interest Area your subject or interest falls into.

Step 3 – Design your challenge in consultation with your Scouter or Mentor

Step 4 – Complete the challenge in agreed time

Step 5 – Wear the badge with pride

The Challenge

When designing your badge, it should:

- Challenge you to learn new skills or develop existing ones
- Help to increase your knowledge of the particular area
- Contain a practical element which will benefit others

A template is provided to allow you to set out your plan, which Personal Challenges you can undertake during the Special Interest Badge and to help you look back at what you have achieved.

Programme Cycle



Here is a suggested plan for a Cycling Programme Cycle. The PLC should discuss the elements and plan to suit your troop. You will also need to source materials and tools. The PLC should also explore the potential routes for Bike Hikes in your area – it could be a mix of on and off road.

Check that all the Scouts have access to a bicycle and helmet, you'll all need both!

Week 1 – Intro and Gear

Introduce the programme to each patrol - let them know the plan for the next few weeks. Share the potential route options for the Bike Hike – see where the troop would prefer to go.

Patrol Time: make your own DIY Hi-Vis clothing.

Week 2 – Bicycle Care and Maintenance

Everyone needs to bring their bicycle, time to make sure that they are road ready.

Patrol Time: Bicycle Care & Maintenance

Week 3 – Cycling Safety

Set up some games to practice those cycling skills - help everyone become a more confident cyclist.

Patrol time: Have fun on your bikes while improving your cycling skills.

Week 4 – Bike Hike

Put all that planning and preparation into action. An adventure in nature calls.

Adventure: Gear on, bikes ready, skills practiced. Bike Hike!

Week 5 – Trek Cart Planning

You'll need to check your trek cart plans, source your materials and tools.

Patrol Time: Trek Cart Planning

Week 6 – Trek Cart Making

It's time to make and decorate those trek carts – get them JamboRí ready!

Patrol Time: Trek Cart Making

Plan: Bicycle Preparation

Before setting out on any ride you need to know how to keep safe. That might sound obvious but knowing the rules of the road, and making sure that your bike is safe to cycle, could save your life, or at least make your cycle more enjoyable!

Gear: DIY Hi-Vis

To prepare yourselves for the road or track, you can make your own reflective gear. Use reflective tape/strips to decorate your jackets or other clothing. You will find iron-on tape in your local fabric shop or online.



If you want to try something a little more inventive check out this Instructables video: [Reflective Cycling Sweatshirt](#)

You will get some tips for safer cycling from the [RSA Cycle Safely](#) booklet. Instead of just learning off the rules, learn by doing and get out on your bike and practice. Choose somewhere where the whole troop can join in, safely.

Cycling Safety: Mountains and Valleys Game

Set up: Large grass area, approx. 30m x 30m

Equipment: 1 small football training cone per scout (large paper cups work too)

Split group into two even teams – ‘mountains’ and ‘valleys’.

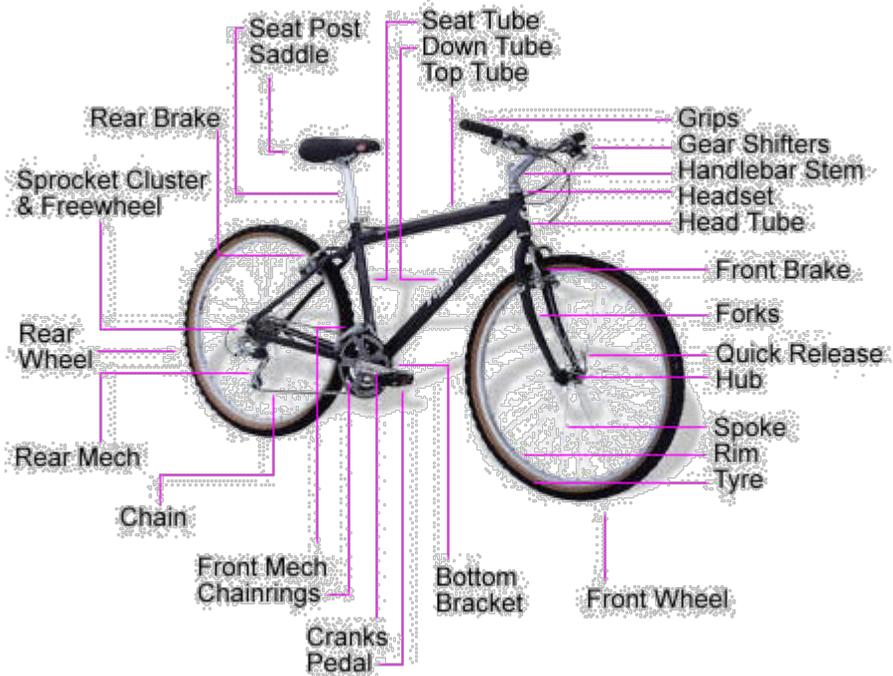
- Give each Scout a cone or paper cup.
- Scouts spread out around area on their bikes.
- ‘Mountains’ place their cup/cone right side up, ‘Valleys’ place their cone upside down.
- On Scouter’s instruction Scouts ride around the area and stop their bike at the other team’s cones to turn them over (ie. ‘Mountain’ team aims to turn all the cones right side up, ‘Valleys’ aim to turn all the cones upside down).
- Game continues for a pre-determined amount of time and the winning team is the team with the most ‘mountain’ or ‘valley’ cones.

Here are some more [cycling games](#) that will help everyone have fun upskilling! You could have a ‘Cyclolympics’ – challenge other sections or troops.

Gear: Bicycle Care and Maintenance

You need to get to know your bicycle, it will be your best friend if you treat it right!

Do you know all the parts of your bike?



[1http://www.bicyclingforbeginners.org.uk/diagram.htm](http://www.bicyclingforbeginners.org.uk/diagram.htm)

Do you know how to take care of your bike?

Can you carry out essential maintenance and repairs, including?

- Keeping appropriate parts well-oiled
- checking and adjusting the brakes
- checking and adjusting the gear change/derailleur
- adjusting the seat and handlebars to a correct height
- removing a wheel and locating and repairing at puncture
- checking and adjusting your cycle helmet
- maintaining a set of lights

Do: Bike Hike

Along with the cycling skills that you have been gathering, you will also be able to put more of your Scout skills to work.

Route Planning / Mapwork / First Aid / Menu Planning /
The Buddy System / Leave No Trace



Bike Hike

A bike hike is an excellent activity to get you out exploring different terrains on your bikes. The PLC should set the route and challenges.

- Plan your Bike Hike to a specific destination – museum, campsite, forest, conservation project, historical site, a beautiful view...
- You might even theme your Bike Hike - Pirates, Cowboys, Tron, Eco, Medieval?
- Plan your route to avoid the busiest roads - are there any dedicated bicycle tracks nearby?
- Plan to start and finish in daylight hours to avoid the hazard of night riding.
- What clothes you are going to wear and bring? Don't forget your helmet!
- Is your bike prepared for the hike? Maintenance? Lights? Bell?
- What gear will you need? Puncture Repair Kit? Spare tubes? Tool set? First Aid kit? Locks for your bikes?
- What menu you will need? Drinks? Energy food?
- And don't forget to have fun!

Want a Dervla Murphy Style Challenge?

Maybe you could try a cycle marathon? Cycle across your county?

Or how about cycling to the Jamborí?

Or maybe you've already started to plan your adventure cycling to India!

Check out bikeweek.ie for bike events all over the country next summer.

Do: Trek Cart

Just like Dervla had to plan her trip to India, you will need to do some planning before the Jamborí. Something that you will need to consider is how you are going to move your gear around the massive Jamborí site and that your patrol will need to collect food, daily – have you thought about how you are going to do this?

One solution might be a trek cart. There are many different styles of trek carts – you can even make one with bicycle wheels or pull it like a trailer with your bike.



There are cart loads of design inspiration on-line, find the trek cart that best suits your troop:

- size – is it for the whole troop or one patrol, how much weight will it hold
- skill set – have you worked with plastic, wood, metal, or all of them maybe?
- storage – where will the trek cart be kept, can it be taken apart etc

A trek cart is a great asset for any troop, you will have it for years and camps to come. They are also great for races!

Here are some designs to get you started

- [PVC Bike Trailer](#) – Instructables
- [Big Boda](#) – Scouting Ireland
- [Portable Trek Cart](#) - BSA

You might already have a trek cart – can it be adjusted so that you can use pedal power to move around or convert it to a bike trailer?

Review

Dervla was never a Scout, girls weren't allowed to join back then! But she has the spirit of a Scout, she embodies all our SPICES.



Social – through friendship and interaction with people, she creates a sense of belonging in a group. Through her travels and writing Dervla is constantly developing an understanding of social issues. She explores and appreciates cultural diversities. And she knows how to have fun doing it!



Physical – Dervla has an understanding of her body and her physical capacities, she is daring and willing to tackle the steepest of hills. She develops skills through the physical challenges she sets herself, and those life throws at her.



Intellectual – from a young age she has had the ability to create ideas, leading to a plan of action and carrying it through to its conclusion, using common sense. On all her travels she has had to plan and analyse, and take on board the real consequences of her actions! She can understand how a team works, and her role within it. She can evaluate a situation and follow instructions as appropriate.



Character – Dervla has learnt to accept herself and recognises her own potential for growth and which has made her into the person she is. She has developed herself with a set of values and with mutual respect and understanding for others.



Emotional – she has developed the confidence and security to be aware of and to express her emotions, and to understand and accept them. She learns how to deal with everyday life situations and people, while aiming to have respect for other people's emotions and being aware of the impact of her actions.



Spiritual – on her journeys Dervla has come to understand her own value as a unique individual and accepts the value of others. She has respect for herself and the world in which we live. She has a sense of responsibility for her environment, in every place she has visited. She has explored her own and other faiths.

Spend some time first by yourself, and then with your patrol, reflecting on how you can embody the SPICES to be the best version of yourself. Use the [Wheel Decide](#) to choose what SPICES you chat about first.