

Overview of Clovers Programme

What are Clovers?

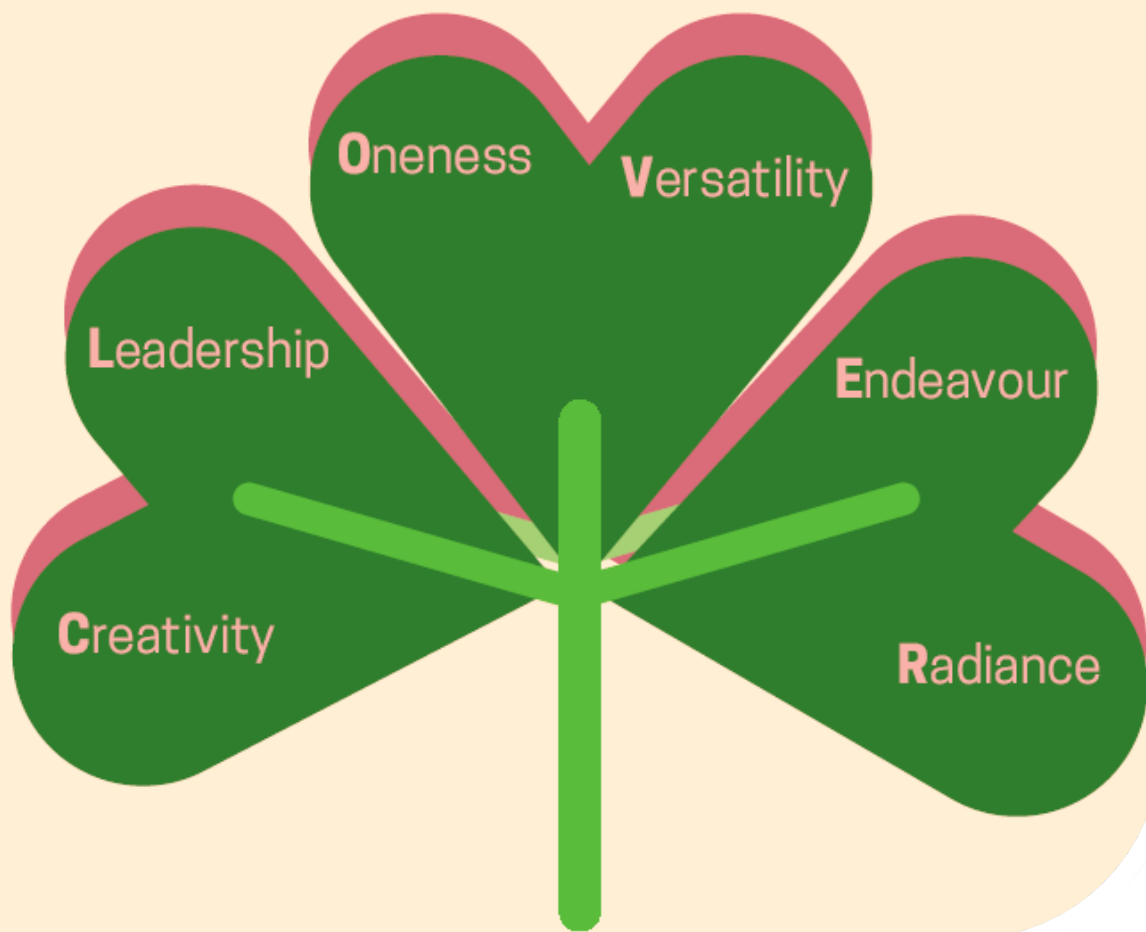


Just like the tiny plant itself, Clovers symbolize strength and humbleness. In the context of guiding, the Clover, although tiny, embodies the spirit of a powerful young woman in our world today.

The Clovers Programme is a programme under Girl Guides Association Malaysia designed for young ladies aged 18-30. It aims to develop their personal and professional growth as well as keeping the guiding spirit alive. The young ladies who participate in this programme are called Clover Guides. Open to both Girl Guide members and non-Girl Guide members. The programme is flexible according to one's own personal path and pace. It offers a communal learning experience towards a holistic self-development and well-being.

Core Principles

Our 6 core principles are based on the word "CLOVER". Each letter is given a meaning which the Clover Programme strives to uphold. A Clover guide who has completed/is part of the programme will achieve these qualities.



Core Principles/Values

The **CLOVER** programme is filled with various concepts designed to influence young women ranging between 18 to 30 years old as an effort to develop leadership skills, traits and qualities to help their transition into adulthood.

The core principles of the CLOVER Programme are emphasized in **six** different categories:

- **Creativity** - Pushing guides to be critical and innovative individuals, who are capable of problem-solving and creating interesting solutions to guiding activities.
- **Leadership** - To encourage other inspiring guides to take on leadership roles with confidence, in any professional or casual settings.
- **Oneness** - To move as one in the spirit of guiding to bring positive changes and impact to the community.
- **Versatility** - To ensure that guides are capable of adapting to different situations and environments.
- **Endeavour** - To encourage guides to face challenges in order to achieve goals in life.
- **Radiant** - Spread cheer and happiness to all.

Objectives

The Clover programme is built on the foundation of three pillars: *Personal & Professional Development, Outdoor & Adventure and Active Citizenship & Community*. Young women have the opportunity to:

- Apply knowledge and skills learned in various fields into their daily life or be a mentor to others to achieve excellence in personal growth.
- Explore and enjoy a range of outdoor and adventure activities that enhances and contributes positively to their physical and mental well-being.
- Able to initiate and support the community's initiatives to improve social welfare and justice.

introduction to pillars



**FUNDAMENTAL PRINCIPLES OF
GIRL GUIDING**

Programme Pillars

The Clover Programme is made up of three main pillars. Each of these pillars encompasses a variety of topics and issues that are relevant to young women today:

Personal and Professional Development

This pillar focuses on the development of personal and professional competence. You will continue to incorporate post-schooling activities with guiding in a more holistic spectrum and adopt continuous professional development while sharing and giving back to the girl guiding community. You will be able to develop leadership & soft skills that will enhance employability as well as engaging in fun, interesting and lifelong learning related activities.

Outdoor and Adventure

This pillar focuses on recreational, extreme adventures and psychic activities. You will experience taking charge in the outdoors, getting sweaty, and being active physically and mentally. Through the activities in this pillar, you will be able to gain new experiences and stretch your comfort zone. You will also be able to develop and improve skills such as teamwork, networking, creative thinking and time management.

Active Citizenship and Community

This pillar focuses on exploring opportunities to young women to play their part more actively as citizens of the nation as well as the world. Through the activities in this pillar, you will be able to develop skills on being active citizens in bringing a change to the community while going through these activities. You can also make a change in the community through active involvement by volunteering in activities and community services while being an advocate on global issues.

Fundamental Principles of Girl Guiding

As a Girl Guide, we are also mindful in embedding the Fundamental Principles of Girl Guiding into our daily lives. Continue to practise and honour our Promise, Law and Motto while being responsible citizens of the world.

PROMISE

On my honour, I promise that I will do my best:

To do my duty to God and the King (Or God and my country);

To help other people at all times;

To obey the Guide Law

LAW

1. A Guide's honour is to be trusted.
2. A Guide is loyal.
3. A Guide's duty is to be useful and to help others.
4. A Guide is a friend to all and a sister to every other Guide.
5. A Guide is courteous.
6. A Guide is a friend to animals.
7. A Guide obeys orders.
8. A Guide smiles and sings under all difficulties.
9. A Guide is thrifty.
10. A Guide is pure in thought, in word and in deed.

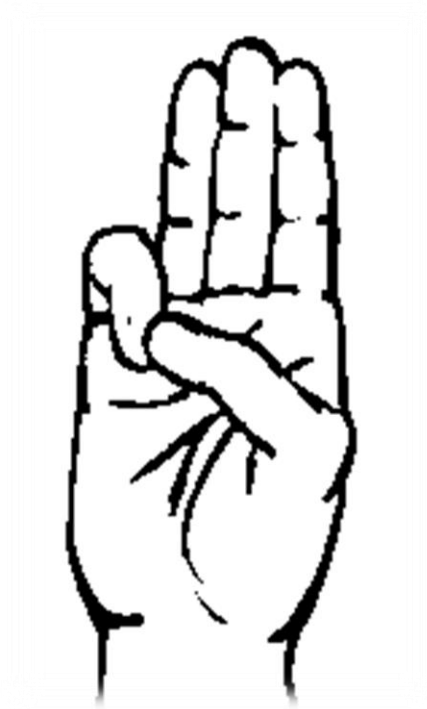
MOTTO / SLOGAN

Be prepared

GUIDE SIGN

The Guide Sign is given when a Girl Guide is in uniform and when she recites the Guide Promise or as a greeting to other Guides. Guides also give the sign when they are in mufti (civilian clothes) but the Trefoil or the World Badge is either woven or pinned on the clothing they are wearing.

The sign is made by raising your right hand to shoulder level, palm to facing outwards, thumb pressing down the little finger with three fingers pointing upwards. The three fingers represent the Three-Fold Promise.



THE LEFT-HANDED GUIDING HANDSHAKE

Guides and Scouts have their own variation on the traditional handshake. What makes it unique is that it uses the left hand instead of the right.

The 1935 Boy Scout Handbook says that 'By agreement of the Scout Leaders throughout the world, Boy Scouts greet Brother Scouts with a warm left-hand clasp.' While the exact origin of the Guide and Scouts' left-handed handshake is unknown, many attributes it to Ashanti warriors whom Scouting founder Lord Robert Baden-Powell met long ago in Africa.

It is said that when Lord Baden-Powell entered Kumasi, a city in the Ashanti Region of South Ghana, he was met by a great chief. He saluted the chief and then offered his right hand as a sign of greeting and friendship. The chief transferred his shield that was in his left hand, shielding his heart, to his right hand and offered his left hand to shake. He explained by saying, "In our land only the bravest of the brave shake hands with the left hand because to do so we must drop our shield and our protection."

Whatever the origin, Girl Guides shake with their left hand, the hand nearest your heart. The Guide handshake signifies friendship towards fellow Guides.



WORLD TREFOIL

The Trefoil, used on the World Badge, is the unifying symbol of WAGGGS with every part of the design having its meaning. The golden Trefoil on a bright blue background, for example, represents the sun shining over all the children of the world; the three leaves represent the three-fold Promise as originally laid down by the Founder; the base of the stalk represents the flame of the love of humanity; the vein pointing upwards through the centre of the Trefoil is the compass needle pointing the way; and the two stars represent the Promise and Law.



GIRL GUIDES ASSOCIATION MALAYSIA FLAG



The three leaves represent the three-fold Promise. The star represents 13 states including the Federal Territories in Malaysia. The Malaysian Girl Guide Badge in the middle of the blue background means the sun shines on every child in the world.

HISTORY OF GIRL GUIDING

It all began in 1909, when girls in England demanded to take part in a Boy Scouts rally organized by Lord Baden-Powell at the Crystal Palace in London. Baden-Powell was impressed and he asked his sister, Agnes, to create a program just for girls. This was the beginning of Guiding.

Guiding has gathered momentum and strength since it was introduced in Malaysia in 1916. Persatuan Pandu Puteri Malaysia (Girl Guides Association Malaysia) has become one of the leading movements in the country and has gained particular recognition for its contribution towards unifying the various racial groups in Malaysia's multiracial society.

The Girl Guides Association of Malaya became an Associate Member of WAGGGS in 1960. In 1963 the new country of Malaysia was inaugurated and in December 1964 the Girl Guides Association of Sabah and Sarawak joined the Association.

WORLD SONG

(Malay Version)

Arah kita jelas ke depan,
Bendera berkibar,
Tidak berlipat di dunia,
Harapan abadi,
Bersatu untuk kebenaran,
Persahabatan kukuh,
Selagi dunia masih ada,
Akan nyanyi lagu ini.

(English Version)

Our way is clear as we march on,
And see our flag on high,
Is never furled throughout the world,
For hope shall never die.
We must unite for what is right,
In friendship true and strong,
Until the earth in its rebirth,
Shall sing our song.
Shall sing our song.

DAY TAPS

(Malay Version)

Kami puji, nikmat diberi,
Matahari, bintang-bintang, langit biru,
Mana pergi, hidup kami, Tuhan saksi.

(English Version)

Thanks and praise, for our days,
Neath the sun, Neath the stars, Neath the sky
As we go, this we know, God is nigh.

NIGHT TAPS

(Malay Version)

Malam datang, siang hilang,
Dari laut, dari gunung, dari langit,
Semua selamat, sihat rehat, berkat Tuhan.

(English Version)

Day is done, gone the sun,
From the lake, from the hills, from the sky;
All is well, safely rest, God is nigh.

GIRL GUIDING AND GIRL SCOUTING (GGGS) METHOD

The GGGS educational method is WAGGGS' unique model of non-formal education to support the development of young people in diverse groups. Used well, it creates a learning environment where young people can take the lead and make choices about what they do. By using the method effectively, leaders will empower youth members and any programme activity can become relevant and exciting.

The Girl Guide educational method has **five** essential elements:

LEARNING IN SMALL GROUPS	We learn to: support each other, negotiate, make democratic decisions, assert our needs, solve problems together and take the lead.
MY PATH, MY PACE	We learn to: respect individuals, make our own choices, learn in the best way for us, value our achievements, collaborate not compete and be confident.
LEARNING BY DOING	We learn to: face challenges, learn through experience, take risks, make mistakes, get involved and pay attention.
CONNECTING WITH OTHERS	We learn to: value others, appreciate diversity, listen, connect, make a difference, develop empathy and communicate.
CONNECTING WITH MY WORLD	We learn to: be active citizens, get our hands dirty, enjoy the outdoors, get involved in our community, speak out for change and pay attention to the wider world.

Clovers Programme Recruitment & Membership Information

JOINING CLOVERS

This program is specifically designed for Clovers. That means to participate in the programme, you need to join Clover's Programme.

Joining Clover's Programme is as simple as contacting your Branch Commissioner. You can also ask your Branch Clover's Commissioner or Branch Membership Commissioner about joining.

Upon enquiry, you will be requested to fill in the Clover's registration form that is provided online or through the link provided in the pack from your branches. Other than that, you will also be asked about which Clovers' unit you would like to join (see the next section for more information.)

There is no additional fee to join Clover's if you are already a GGAM member. If you are not currently a GGAM member, there may be an annual fee to participate in Clover.

RENEWING YOUR CLOVERS MEMBERSHIP

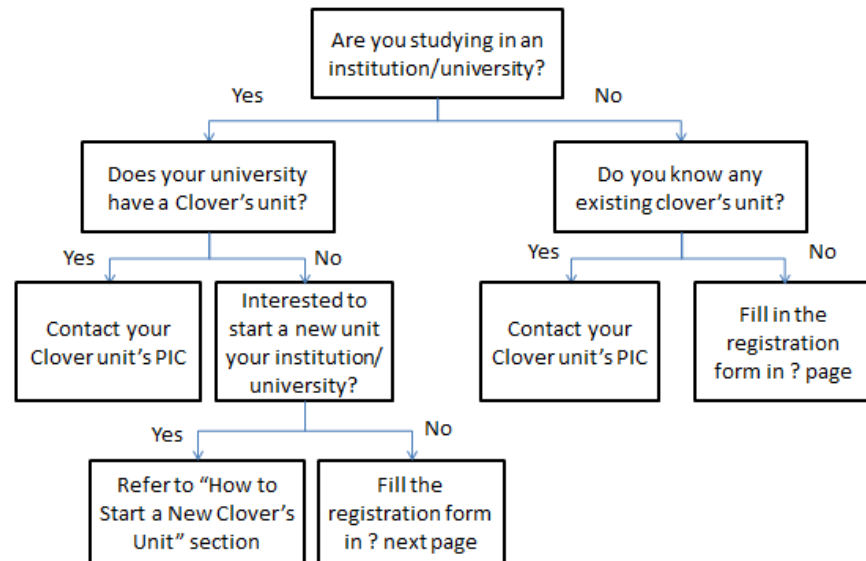
Each year, you will be contacted by your respective Branch Membership Commissioners asking for your reconfirmation of interest in participating in Clovers. To remain a Clover for the upcoming Guiding year, you can respond to your Branch Membership Commissioners by letting them know that you are still interested in remaining active. An annual membership fee according to your branch will also be required when renewing your Clover's membership. This process should be completed before the 31st of March every year.

JOIN AN EXISTING CLOVER'S UNIT

Interested in joining an existing Clover's unit?

Refer to the graphic flow chart below to know how to join.

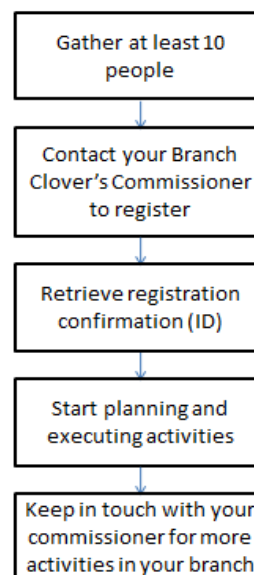
HOW TO JOIN CLOVER



CREATE A NEW CLOVER'S UNIT

If you are neither in university or know any existing Clover's unit you can create a new Clover's Unit by referring to the graphic flow chart below.

HOW TO CREATE A NEW CLOVER'S UNIT



**TRANSITIONING
MEMBER**

Are you a Pandu Puteri Ranger?

Sitting for Sijil Pelajaran Malaysia (SPM) this year?

Planning to continue your guiding journey after secondary school?

If your answers are all **YES**, it is time to sign up for the Clover Programme by Girl Guides Association Malaysia!

All you need to do to join this programme is by filling in the Clover Registration Form before you seat for your Sijil Pelajaran Malaysia (SPM). You can either reach out to your **guider / teacher advisor** or she will reach out to you before you seat for your examination.

If you need to know more on the registration and the Clover Programme, please contact your unit leader or your branch Clover Commissioner.

Personal and Professional Development

Overview:

This pillar focuses on recreational, extreme adventures and psychic activities. You will experience taking charge in the outdoors, getting sweaty, and being active physically and mentally. Through the activities in this pillar, you will be able to gain new experiences and stretch your comfort zone. You will also be able to develop and improve skills such as teamwork, networking, creative thinking and time management.

Learning Outcomes:

At the end of the programme, you will be able to:

- solve problems using appropriate information and approaches.
- learn and demonstrate competence in skills valued for the future.
- develop and reflect the knowledge and skills required for career choice and growth.
- acquire and demonstrate lifelong learning skills for personal and career growth.
- demonstrate the ability to guide, mentor, and support peers to achieve excellence in all facets of life.

Relevant Sustainable Development Goals:

SDG 3 - Good Health and Well-being

SDG 4 - Quality Education

SDG 5 - Gender Equality

SDG 6 - Clean Water and Sanitation

SDG 8 - Decent Work and Economic Growth

SDG 10 - Reduced Inequalities

SDG 16 - Peace, Justice and Strong Institutions

SDG 17 - Partnerships for the Goals

Cluster 1: Personal Development

Objectives:

In this cluster, you will be able to develop your potential as individuals who are intellectually, spiritually, emotionally, and physically balanced in a holistic manner.

Learning Outcomes:

As you complete these activities you will:

- acquire and display leadership skills to meet and manage future demands and experiences.
- develop and demonstrate an understanding of your own personality, values, and strengths.
- showcase socially acceptable personal grooming and take action to maintain a positive self-image.

Activities	Description
Leadership Discussion	Facilitate a discussion with your group on the barriers you face when taking on leadership roles. Brainstorm strategies or solutions you can use to address these challenges.
Personality Test	Complete a personality test (<u>Strengths-and-weaknesses</u>) and identify how your personality relates to your leadership style. Conduct a sharing session and discuss with your peers on how to improve your teamwork.
Me-too Sessions	Work in groups. Reflect and discuss the struggles and challenges you are confronted with as a female in your society or community. Help each other to find solutions.

Personal Grooming	<p>Invite experts to share or research on:</p> <ul style="list-style-type: none"> • how to dress for specific situations (e.g. interview, formal meetings, semi-formal occasions, etc.) . • proper etiquette for various events. • role-play scenarios to practice social etiquette (e.g. dining, phone, email and presentation etiquette).
WAGGGS Leadership Mindset	<p>Explore the WAGGGS Leadership Model Summary by clicking the link below: LEADING FOR HER WORLD</p> <p>Optional: Grab the opportunity to represent GGAM in the following leadership events</p> <ul style="list-style-type: none"> • Juliette Low Seminar (The Juliette Low Seminar) • The Helen Storrow Seminar (The Helen Storrow Seminar)
Action on Body Confidence	<p>Participate in Action On Body Confidence (ABC) programme to build the confidence of your body uniqueness.</p> <p>Refer to the activity pack on the link below: ACTION ON BODY CONFIDENCE</p>
Book Club	<p>Work in groups. Choose a book authored by or about a successful female leader to read. Share your thoughts about the book you have read with your groupmates.</p>

Cluster 2: Lifelong Learning & Skills

Objectives:

In this cluster, you will understand the value of lifelong learning. Identify and strategize ways to achieve personal fulfilment and growth.

Learning Outcomes:

As you complete these activities you will:

- demonstrate a better understanding of different components of health and wellness through your actions.
- gain effective communication skills to build positive relationships with others.
- acquire lifelong learning skills such as survival, living, recreational and financial literacy knowledge and skills.

Activities	Description
Health and Wellbeing	<p>Mental health reflection</p> <p>Keep track of your mood and feelings through journaling or a downloaded app.</p> <p>Click on the link below for more information:</p> <p><u>The 14 Best Mood Tracker Apps for 2020</u></p> <p>Nutrition</p> <p>Facilitate a discussion with your group members and share a balanced diet meal plan.</p> <p>Health on film</p> <p>Watch a movie or TED talk video focused on health and wellness.</p> <p>Personal hygiene</p> <p>Research online on how to maintain good personal hygiene such as menstrual care, safe sex, cleanliness etc.</p>

Communication Skills	<p>Organize a meeting with your group members through online platforms or in person. Prepare a few topics and carry out public speaking sessions with your group. The audience is invited to provide feedback and suggestions on how to improve the speaker.</p>
Survival Skills	<p>Knots & Lashing</p> <p>Practice knots and lashing techniques with your group and explain the uses of the knots. Refer to this link to know more about knots and lashing:</p> <ul style="list-style-type: none"> ○ Learning Topic: Knots, Gadgets & Pioneering ○ Knots and Lashings <p>Fire starting</p> <p>Carry out backwoods cooking in the great outdoors and make the most out of your surroundings:</p> <ul style="list-style-type: none"> ● Learn how to start a fire (How-To-Start-A-Fire-) ● Example of recipes for backwoods cooking: BackwoodsCooking.pdf <p>First aid</p> <p>Invite qualified trainers to teach first aid knowledge.</p> <p>Conduct or join a disaster simulation to deepen understanding of disaster response through practical experience.</p> <p>Fire drill</p> <p>Conduct a fire drill practice with your group to train on how to leave the scene quickly in case of any emergency.</p>

Living Skills	<p>Develop practical living skills such as:</p> <ul style="list-style-type: none"> • changing a tyre. • changing a light bulb. • basic plumbing skills. • basic IT skills (Microsoft Office, Adobe).
Hobbies and Interests	<p>Activities can be carried out based on your preferences, such as baking, cooking, flower arrangement, photography workshop/competition, etc.</p>
Financial Literacy	<p>Tax Talk</p> <p>Facilitate a talk by inviting speakers from Inland Revenue Board of Malaysia (Lembaga Hasil Dalam Negeri) to present about how the government tax system works, rules and regulations of paying tax, etc.</p> <p>Get savvy about banking</p> <p>Conduct research, invite a guest speaker or visit a financial adviser company to enhance your financial and banking knowledge. For example, investments, savings plans, types of accounts, credit, etc.</p> <p>Budget management</p> <ul style="list-style-type: none"> • Create a financial plan and implement it. This could include planning for financial emergencies, so consider researching insurance, employment insurance system (PERKESO), and other supports. • Set a financial goal (saving for a trip, paying off loans, making a significant purchase, etc.)

Entrepreneurship	Organize or attend a start-up workshop to understand the concept of start-up and learn the skills needed to set up one while acknowledging the benefits & challenges of being an entrepreneur.
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Cluster 3: Professional Development

Objectives:

In this cluster, you will develop a career pathway, know your rights, practice skills required in the workplace and achieve work-life balance.

Learning Outcomes:

As you complete these activities you will:

- build the knowledge and skills to identify career paths, pursue employment, and succeed in the workplace while maintaining work-life balance.
- build a professional network and practice leveraging these connections for your job search.
- break the glass ceiling and overcome gender stereotypes in the workplace.

Activities	Description
Career Assessment	Take an online test which is designed to discover your skills, aptitude and talents to gain a better and clearer understanding of your future path.
Resume / CV Exchange	Exchange resume/CV with your friends/mentor. You can have experienced Clovers to review it and give you feedback to improve on your resume/CV.
Mentor-Mentee	<ul style="list-style-type: none"> • Mentee: Seek out a leadership mentor to assist you in furthering leadership development. • Mentor: Become a mentor for someone who is interested in the path you have chosen. • Discussions: Facilitate a discussion among Clovers on the barriers and challenges in the

	workplace and life. Brainstorm ways that can address these challenges.
Interview Session	Practice your interview skills through a mock interview with friends. You can then switch positions as an interviewer or interviewee. Alternatively, participate in a workshop or online course on job interviews.
Breaking the Glass Ceiling	Organize a meeting in person or through a virtual communications platform to discuss topics such as gender stereotypes and challenges women faced in the workplace.
Expand Your Network	Attend a networking event in your community or organize one with Clovers of other groups. Meet people within and outside of your industry to expand your connections.
Know Your Rights	Facilitate a discussion or organize a talk by inviting an expert speaker with related backgrounds to present about the legislations, unions, and rights of employers and employees.
Evaluate Your Work-life Balance	Analyze your commitments and develop a time management strategy to achieve work-life balance. For example, start using a planner calendar, or app for time management.

Outdoor and Adventure

Overview:

This pillar focuses on recreational, extreme adventures and psychic activities. You will experience taking charge in the outdoors, getting sweaty, and being active physically and mentally. You will be able to develop and improve skills such as teamwork, networking, creative thinking and time management through this pillar.

Learning Outcomes:

At the end of the programme, you will be able to:

- learn and apply skills and techniques which will allow them to successfully carry out outdoor activities.
- participate in a range of activities that will enhance and improve their physical and mental wellbeing.
- pursue new adventures and experiences which will challenge them to step out of their comfort zones.
- develop and establish soft skills such as teamwork, networking, creative thinking and time management.

Relevant Sustainable Development Goals:

SDG 3 - Good Health and Wellbeing

SDG 5 - Gender Equality

SDG 10 - Reduced Inequalities

SDG 12 - Responsible Consumption and Production

SDG 13 - Climate Action

SDG 14 - Life Below Water

SDG 15 - Life on Land

Cluster 1: Recreational

Objectives:

In this cluster, you will engage in physical activities for recreational purposes in order to keep your body active.

Learning Outcomes:

As you complete these activities you will:

- demonstrate a physically active lifestyle.
- lead a community or social group with similar interest.
- develop overall improvements in physical and mental health.

Activities	Description
Expedition	<p>Plan an outdoor adventure with your group, and brave the jungle! Strengthen your bond through activities like;</p> <ul style="list-style-type: none">• camping• hiking• scavenger hunts <p>Apply the guiding skills you have learned along the way by;</p> <ul style="list-style-type: none">• building a campfire• carrying out some outdoor cooking• creating gadgets
Sports	<p>Spend at least 30 minutes a day on a sport to keep yourself active!</p> <p>It could be an individual sport or a team sport, such as;</p> <ul style="list-style-type: none">• swimming• jogging• golfing• basketball

	<ul style="list-style-type: none"> ● football ● badminton <p>Secure the appropriate equipment needed for the sport of your choice and invite members of your group to spark fun and healthy competition.</p>
Groove	<p>Feel the need to get funky while you exercise? Gather your group members or hit the mat individually- get grooving and physical!</p> <p>Spend at least 30 minutes on groove activities such as;</p> <ul style="list-style-type: none"> ● aerobics ● zumba ● dancing <p>Release your tensions, turn on some upbeat music and move around to the sound~</p>

Cluster 2: Extreme Adventure

Objectives:

In this cluster, you will explore new activities that will challenge your boundaries and test your perseverance.

Learning Outcomes:

As you complete these activities you will:

- learn to quickly adapt to new situations by finding creative solutions.
- build endurance to face tough challenges.
- gain an appreciation for the natural environment around you.

Activities	Description
Water Sports	<p>Bored of dry land? Head out to the open waters, trek out to the beach or seaside to play some watersports!</p> <ul style="list-style-type: none">• Kayaking• Sailing• snorkeling• scuba diving <p>Get familiar with basic knowledge on water safety, equipment, changes in the weather and different sea conditions.</p>
Wheelie Activities	<p>It's to grind on some concrete and make use of urban spaces! Try out these activities for a change of pace:</p> <ul style="list-style-type: none">• biking• rollerblading• skateboarding• roller skating• ATV

	<p>Use appropriate safety equipment for protection such as a helmet, knee pads, and elbow pads.</p> <p>Master basic tricks before moving on to more complicated and awesome moves.</p>
Obstacle Course	<p>Test your endurance and strength through limitless possibilities of indoor and/or outdoor obstacle courses!</p> <ul style="list-style-type: none"> • Water, spy, aerial or bootcamp-style training obstacle courses and many more. <p>You can find a place which provides the activities or build your own obstacle course.</p>
Extreme Sports	<p>Challenge your own limits with a higher level of difficulty in sports and chase for that adrenaline rush!</p> <p>Explore the dimensions of nature and gravity with activities such as:</p> <ul style="list-style-type: none"> • rock climbing • skydiving • bungee jumping • cave diving <p>Ensure that you are equipped with the proper safety gear, specialized equipment and have had sufficient training before participating. Note that your safety is the top priority!</p>

Cluster 3: Psychic

Objectives:

In this cluster, you will learn the importance of self-care in order to look after your mental health. These activities can be carried out both as a group or individually.

Learning Outcomes:

As you complete these activities you will:

- find inner peace with the current struggles you face.
- release any stress or tension you might be feeling.
- develop skills to maintain a good work-life balance.

Activities	Description
Inner-Self Therapy	<p>Take some time off for inner-reflection, and relax yourself through peaceful pursuits such as:</p> <ul style="list-style-type: none">• Yoga• sound healing therapy• Baking• Gardening• visiting pet shelters (to wind down with some furry friends!) <p>These activities are easy to self-learn through Youtube or other online platforms. You can also physically participate in any relevant classes, should you wish to do so!</p>
Creative Self Expression	<p>Are you a musically or artistically inclined person? Express your creativity and hone your artform by:</p> <ul style="list-style-type: none">• Keep a journal• Starting up a blog• Painting/Drawing/Doodling• Learning an instrument

	<p>You can also collaborate with your local art industry by participating in script reading sessions, theatre and photography workshops. Regularly practice your chosen activities and have fun!</p>
Self-Care	<p>Clover Guides know you matter, so here is a reminder to treat yourself! Unwind by taking some “me-time” by doing activities like:</p> <ul style="list-style-type: none">• taking a nature walk• going thrift-shopping or a sustainable art market• Getting a makeover <p>Group activities can range from having a meal with friends, book clubs, and movie dates! These activities play a great role in reminding yourself (and others) that your emotional needs are important too!</p>

Active Citizenship & Community

Overview:

This pillar focuses on exploring opportunities to young women to play their part more actively as citizens of the nation as well as the world. Through the activities in this pillar, you will be able to develop skills on being active citizens in bringing a change to the community while going through these activities. You can also make a change in the community through active involvement by volunteering in activities and community services while being an advocate on global issues.

Learning Outcomes:

At the end of the programme, you will be able to:

- develop a greater sense of responsibility towards global issues through volunteering.
- be more tactile and resourceful in overcoming challenges in different stages of life.
- produce creative and effective initiatives for the community in leading a positive change.
- create effective and meaningful partnerships with various authorities.
- observe the world with different perspectives and mindsets.

Relevant Sustainable Development Goals:

SDG 1 - No Poverty

SDG 2 - Zero Hunger

SDG 3 - Good Health and Well-being

SDG 4 - Quality Education

SDG 5 - Gender Equality

SDG 6 - Clean Water and Sanitation

SDG 7 - Affordable and Clean Energy

SDG 8 - Decent Work and Economic Growth

SDG 9 - Industry, Innovation and Infrastructure

SDG 10 - Reduced Inequality

SDG 11 - Sustainable Cities and Communities

SDG 12 - Responsible Consumption and Production

SDG 13 - Climate Action

SDG 14 - Life below Water

SDG 15 - Life on Land

SDG 16 - Peace and Justice Strong Institutions

SDG 17 - Partnerships for the Goals

Cluster 1: Community Service

Objectives:

In this cluster, you can make a positive difference to the community by having each and every one come together as one. Develop empathy and take charge towards a better community.

Learning Outcomes:

As you complete these activities you will:

- increase the understanding of social justice issues.
- reflect on your own leadership style and abilities.
- build confidence in skills, abilities, and competence.

Activities	Description
Think Outside the Trash!	Find out how you can help raise awareness in your community. Sort out different recyclable items into their respective coloured (blue, brown and orange) bins. Help to raise awareness towards the importance of 5R principle (Reduce, Reuse, Recycle, Recover & Refuse).
Donation Nation	Have a collection drive with your group. Collect items from your friends and family that are still in good condition and donate them to those in need.
Clean Up	Decide which area of your community that you want to clean up. You can clean up areas like beaches, public areas, tourist attractions and recreational areas. Ensure you bring suitable equipment to help you out during the activity.
Towards a better YOUTh	Get active in volunteering! Join in any events where you can exercise volunteerism! You can spend a day volunteering at your local Person With Disability (OKU) Centres, Orphanages, Old Folks Homes or Animal Shelters.

Run for Charity	Search on the internet for charity runs that are being organised in your local community. Participate in the charity run as a committee member or a participant. Get your family and friends involved. Run and lend a hand!
#SapotLokal	Do research and learn about local businesses. Go for locally produced items and make them as your preferred choice! Help promote local businesses via social media or by word of mouth.

Cluster 2: Our World

Objectives:

In this cluster, you will develop a critical understanding on global issues. You will have the opportunity to raise public awareness and gain local support in conserving and preserving mother nature.

Learning Outcomes:

As you complete these activities you will:

- develop empathy and be more environmentally conscious.
- take action and contribute to a greener world.

Activities	Description
Every Drop Counts!	<ul style="list-style-type: none">• Organise a water conservation awareness dialogue/workshop.• Design, construct and implement a water conservation monitoring plan in your home/community.• Harvest rainwater creatively for your household.• Invent mudballs to treat polluted water.
Plant for the Planet	<ul style="list-style-type: none">• Share gardening tips for better homes and garden.• Plant a personal garden in a small urban space.• Make your own compost from kitchen waste.• Offer your gardening services at charitable homes.
Say NO to Plastic!	<ul style="list-style-type: none">• Practise bringing your own cutleries and food container.• Create reusable shopping bags for personal use or as gifts.• Collect and repurpose plastic into ecobricks.• Organize a Zero Waste Day/Week Challenge.

Earth Hour	<p>Host your own Earth Hour (individually or with friends):</p> <ul style="list-style-type: none"> • Challenge yourself to reduce your carbon footprint. • Cook one meal using solar energy. • Organize a game in total darkness.
Green Fashion	<p>Be fashionably trendy by purchasing your clothes from the local thrift shop or getting preloved clothes from the people around you and you can even sell out yours too! Post it on your social media to educate others on the downsides of fast fashion towards the environment.</p>
A Cause for Paws	<p>Get yourself a pet and provide them with proper care and love. You can choose to either adopt an animal from the local zoo (go to Adopt Our Animals) or find a forever home for the rescued animals in the local shelter.</p> <ul style="list-style-type: none"> • Raise awareness against animal cruelty.
Junk to Cash	<p>Collect discarded items that may still interest others such as mugs, shoes, books, etc from your household/community. Generate them into cash through online or jumble sale, flea market etc.</p>

Cluster 3: Advocate for Issues

Objectives:

In this cluster, you will identify both global and community issues and develop your advocacy skills necessary for proactive leadership.

Learning Outcomes:

As you complete these activities you will:

- educate yourself and others to have a deeper understanding on global issues related to community.
- discover various ways of advocating to encourage others to be aware of issues around them.
- challenge oneself to develop and share innovative ideas.

Activities	Description
Mini TedTalk on the SDGs	Educate yourself on the Sustainable Development Goals (SDGs). Acquire advocacy tips from the Advocacy Toolkit - Speak Out For Her World and speak about the SDGs either in front of an audience or record it and share on social media.
Speak Up Through Art	Explore creative ways to speak up through art. You can generate ideas and create illustrations on the cause(s) you believe in. Present the ideas or illustrations in group meetings, social media or in related events such as public speaking, debates and forums.
Let's Advocate	Identify a cause which you are passionate about and organize an advocacy campaign/activity. Example: <ul style="list-style-type: none">• Surf Smart• Online Dating Violence• Say No to 'Catfish'

	<ul style="list-style-type: none">• Support Breast Feeding• Health and Wellbeing• Environmental Issues
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