



## Girl Scout Gold Award | Final Report

Your Name : Alicia Randall

**Council Name:** Girl Scouts of Greater Los Angeles

Submit the original completed form to your council. Make copies for your Girl Scout Gold Award project advisor and you to keep.

### Your Information:

**Name:** Alicia Randall

**Country:** United States

**Street Address:** 1548 North Arroyo Blvd

**City:** Pasadena

**State:** CA

**Zip Code:** 91103

**Email:** alicialrandall@yahoo.com

**Phone:** (213)700-3512

**Age:** 17

**Graduation Year:** 2025

**School:** John Muir Early College Magnet

**Troop/Group Number:** 107882844

**Troop/Group Volunteer:** Ayesha Randall

**Troop/Group Volunteer's Phone:** (213)703-4550

**Email:** esha\_bell@yahoo.com

**Girl Scout Gold Award Project Advisor:** Charles Thomas

**Project Advisor's Organization:** Outward Bound Adventures

**Project Advisor's Phone:** (213)703-4550

**Email:** esha\_bell@yahoo.com

**Your Team:** List the names of individuals and organizations you worked with on your project.

Individual (if applicable)	Organization	Team Role
Dr. Tao Kwan	Outward Bound Adventures	Guide and provide information during hikes
Dr. Camille Gear Rich	University of Southern California	Provide mentorship

Marion Snaer	United Women in Faith	Provide guidance, connect with older adults
Barbara Lindsey	Front Porch Productions, Inc.	Assist with hike location scouting and visuals
Betty J. Ford	Chocolate Storytime	Marketing and publicity to senior groups

### **Gold Award Project Description:**

**Title:** Enjoying the Great Outdoors, Indoors

**Start Date:** 3/6/2023

**Completion Date:** 4/15/2025

**Hours:** 140.00

**The theme(s) my Gold Award will address is/are:**

- ☒ Disability Issues
- ☒ Elderly Issues
- ☒ Health
- ☒ Military/Veterans Affairs
- ☒ Outdoors

### **My Gold Award addressed this issue:**

Elderly individuals with limited mobility—whether due to paralysis, balance challenges, arthritis, reliance on walkers or wheelchairs, or simply fatigue that makes walking long distances difficult—often face barriers to accessing the outdoors and lack engaging, stimulating activities to keep their minds active.

To tackle this, I designed and delivered an immersive, sustainable program that used Virtual Reality (VR) through a smartphonebased VR headset/viewer (or mobile VR headset/viewer) that turns any smartphone into a basic VR system by leveraging the phone’s screen and sensors—and brought the outdoor experience directly to participants, whether indoors or wherever they happened to be. The mobile VR headset serves as a lowrisk entry point to introduce the elderly to immersive experiences with minimal cost before delving into more advanced, premium headsets.

My program unfolded in five seamless stages: first, VR Headset Orientation, where participants learned to assemble and use the mobile VR headset; next, a 360° Camera Demonstration to show how the device captures every angle; then 360° Virtual Hikes, streaming immersive trail footage; followed by Technology Training—covering YouTube VR access, VR interaction & navigation, and native bird & plant identification apps—and ending with HandsOn Opportunities to Extend the Natural Experience, such as terrarium building, wildflower bouquet creation, and tree drawing.

To ensure sustainability, or lasting impact, I packaged an online toolkit of supplemental resources—stepbystep filming and editing guides; direct links to hike videos, resources about native plants, trees and birds; and information on various VR headset options—so future Girl Scouts can easily replicate and expand the program. By integrating these resources with the program’s core elements, my Gold Award project removed barriers to nature hikes for individuals with diverse mobility challenges and created a blueprint for lasting impact.

## Gold Award Experience Log

Scroll to end of document to view photos, video and text posts.

## Gold Award Time Log

Date	Activity	Details	Hours
2/1/2023	Planning	Pre-approval project planning of proposal - working with project advisors (over the course of days)	8.00
2/20/2023	Planning	Post-approval planning and adjusting of project proposal - finalize team and logistics - review logistics - meet with advisors with hike logistics - meet with team for filming logistics (about 360 camera software, Youtube training and VR)	13.50
4/2/2025	Planning	Mapping out hiking routes	3.00
4/4/2025	Implementation	- Createsurveysandsigninsheets - Scout hike areas (Lower Arroyo Seco Hiking Trail and Cherry Canyon Park) and	13.00

		select land, native plants, birds, trees to focus on (Hahomonga Nursery and Theodore Payne Foundation) (over a few days)	
4/5/2025	Implementation	- Filming hikes and pointing out important land, native plants, trees, birds and more in post production (over a few days)	10.00
4/9/2025	Set up	Creating a page in the website	2.00
4/10/2025	Research	South Pasadena Library research about uploading 360 videos	2.00
4/10/2025	Set up	Setup: Uploaded videos to Insta360 Studio Software and then to YouTube (uploading was longer than expected due to limited access to computer with appropriate software, i.e. a PC with Windows technology, and not a Chrome Book.	72.00
4/11/2025	Set up	Design website page (aliciaeilani.com/greatoutdoorsindoors), Organized YouTube Channel, and uploaded pictures, videos, and resources (took a few days)	6.00
4/13/2025	Set up	buying food and setting up for the workshop	3.00
4/13/2025	Clean up	Wrap up and Thanks: Wrap up and Reception, set up and takedown, etc.	3.00
4/13/2025	Set up	Event Day - Workshop #1- Gather plants and supplies, brought out samples	0.50
4/13/2025	Implementation	Event Day - Creating a Terrarium and showing my own samples, presentation and virtual hike as well as teaching how to use the Google Cardboard, apps to	2.00





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		identify birds and plants, and my website.	
4/14/2025	Debrief	WrapUp&Thanks:Writethank you notes	2.00

Total Hours: 140.00

### Gold Award Budget Log

Project income:

Date	Source of Funding	Details	Amount
3/20/2025	Other (explain further in income details)	My mother took out of her own pocket to purchase the camera necessary	\$400.00
4/13/2025	Monetary Donation	My mother generously gave money from her pockets	\$580.00

Total Income: \$980.00

Project expenses:

Date	Company	Details	Amount
5/1/2023	Amazon	Google Cardboard VR headset	\$250.00
3/19/2025	Best Buy	To purchase a 360 camera	\$530.00
4/1/2025	Gas Co.	traveling to and from locations	\$75.00
4/13/2025	Remainders	to buy materials for the terrariums	\$45.00
4/13/2025	Smart and Final	Hiking snacks	\$25.00
4/13/2025	Kinkos	Made packets, which included pre and post surveys, overview of project, hiking	\$55.00

Total Expenses: \$980.00

## Gold Award Summary

### The root cause of the issue my Gold Award addressed was:

Elderly individuals with limited mobility—whether due to paralysis, balance challenges, arthritis, reliance on walkers or wheelchairs, or simply fatigue that makes walking long distances difficult—often face barriers to accessing the outdoors and lack engaging, stimulating activities to keep their minds active. For example, veterans housed in the longterm care facility at the Los Angeles VA Medical Center are typically older, on fixed incomes, and without stable housing or family advocates; many cannot participate in outdoor activities because their immobility stems from disease, disability, poverty, lack of support, or mentalhealth challenges. Some require braces, canes, crutches, prosthetics, wheelchairs, or another person’s help to move—yet lack the financial means or advocacy to obtain and operate these devices. Consequently, they may spend months confined to their beds or rooms, increasing their risk of boredom, depression, and other mentalhealth struggles.

### I addressed the root cause of the issue by:

Filming and uploading a number of hikes with a 360 degree camera onto YouTube so that individuals with limited mobility could enjoy a fully immersive virtual experience. These peaceful hikes were made to lift the spirits of the viewers, combat boredom, and allow them to enjoy the healing benefits of nature, including the calming bird songs and sounds of dirt crunching after every footstep.

### My target audience was:

Elderly individuals with limited mobility

Assisted-living residents

Lowincome older adults with limited resources

### Measurement of my project's success:

What my audience learned/gained	How I measured impact	When I measured impact
Interpret nature through art, while also learning about it.	Sign in and out of the natural art workshops	At the conclusion of each workshop
Exhibit an increased optimism about the outdoors and natural environment	A pre- and post-survey	At the end of the last workshop

Demonstrate their knowledge about native plants, trees, birds, and more	Pre and post survey	Immediately after the virtual hike
Have knowledge of the components of a virtual hike	Pre and post survey	After the hike

### My Gold Award project goals were:

My project goals were to ensure that every participant experienced at least one seated or assisted VR nature hike; to increase participants' comfort and confidence with the GoogleCardboard headset, as measured by selfratings before and after each session; to teach each person to name at least two local native plants and to recognize at least one common bird song, verified through brief quizzes; to improve overall mood and sense of calm, tracked via pre and postsession mood ratings; and to maintain a high level of immersion and realism, confirmed by participants' immersion scores on the posthike survey.

To ensure the program's sustainability, I created a comprehensive toolkit of supplemental resources—stepbystep filming and editing guides, direct links to all hike videos on my website and YouTube channels, and clear recommendations for affordable VR headsets—so that future Girl Scouts, carefacility staff, and other volunteers can effortlessly replicate and expand the experience.

### Share if/how you reached your goals. My results were:

The posthike survey showed that participants truly embraced the virtual nature experience: 75percent reported greater confidence with the VR headset, 22percent correctly named two new native plants, 33percent identified at least one bird song, 89percent felt calmer or happier afterward, and every single person rated the hike as highly immersive.

Because the veterans I'd originally planned to serve weren't available, I partnered with the United Women in Faith ministry at Scott United Methodist Church and worked with elderly participants facing diverse mobility challenges. Transporting and seating everyone took longer than anticipated—some needed rides and walked very slowly—so I built extra time into the virtual hike. I also discovered that most had never used YouTube, so I needed to help them go to the App Store, download it, etc., before doing the hands-on tutorial for launching and navigating the 360° videos. Although I ran out of time to teach the birdsong, tree, and nativeplant content live, I made sure to include a comprehensive resource guide on my website and our troop's YouTube channel so participants could explore those lessons afterward.

Ultimately, every person completed the VR nature excursion and reaped its benefits. I'm proud that the

program not only delivered 100percent participation but also sparked real improvements in mood, confidence, and nature knowledge—laying a strong foundation for continued growth and impact.

**The skills, knowledge and/or attitudes my target audience gained were:**

My audience gained a deeper understanding of the world around them. After the workshop concluded, their ability to identify bird sounds rose from 14percent at baseline to 38percent. They also mastered new technologies—from assembling and using GoogleCardboard VR headsets to downloading and navigating apps like Merlin BirdID and YouTube’s 360° feature. All participants (100percent) reported that the virtual experience was immersive, the instructions were clear, they felt supported throughout, and the session length was appropriate. Everyone expressed overall satisfaction and said they would recommend the program to others.

**I know that my audience gained the desired skills/knowledge because:**

Everyone who participated filled out a pre-, post-, and an overall survey indicating what they felt and learned throughout the workshop. In addition to the written survey I also got a mixture of verbal feedback and giggles throughout and after the hike.

**My Gold Award will be sustained beyond my involvement by:**

To ensure sustainability, I’ve posted all 360° hike videos and nature activities on my website (<https://aliciaeilani.com>), along with an online toolkit that brings everything together in one place:

1. Instructional Guides: Stepbystep directions for filming and editing your own 360° nature videos.
2. Online Resources: Direct links to hike videos, plus curated resources on native plants, trees, and birdsong identification.
3. Supplemental Activities & Sustainability: Printable guides for terrarium building, wildflower bouquet creation, and treedrawing exercises.
4. VR Headset Info: Recommendations on affordable options—from lowcost cardboard viewers to entrylevel standalone VR headsets.
5. Shareable Slideshow: A readytouse presentation for younger Girl Scouts to carry forward in years to come.

With all the media, instructions, and headset guidance easily accessible, future Girl Scouts, volunteers, and carefacility staff can pick up the project and keep it growing long after my involvement ends.

**My Gold Award's national and/or global link was:**

My Gold Award's national and global link: it addresses the growing worldwide demand for accessible mental and emotional support services for individuals with limited mobility—especially elderly and those with physical disabilities.

**I led my team by:**

Our success sprang from everyone pitching in where they fit, supported by open communication and a willingness to adapt. I led my team by scheduling meeting times, keeping them informed with emails and calls to update with urgent info like tech issues and VR necessities. I made a point of listening to each person's ideas and considering them in the context of what we were doing. I also delegated tasks, coordinated volunteers for setup, and stepped in to rework schedules and swap equipment whenever conflicts or technical hiccups arose—always staying open to changes as they came up.

By tapping into each team member's strengths, maintaining that flexible, supportive approach, and embracing change, we created an engaging VR nature experience for the participants.

**Shout it from the rooftops!**

I told others about my Gold Award (the impact of my project, what the Gold Award is, and what I learned in earning it) by promoting via:

☒ Website

**Time to reflect!****The obstacles I encountered were:**

Communication with other facilities and organizations proved difficult, especially considering the day and age we are in. I also faced quite a few technological obstacles including the workings of the 360 camera, as well as the software needed to upload the video to YouTube.

Lastly, when I began this project, I was attending a different high school than now. So there were many changes that happened from the beginning to now--visiting schools, going on tours, beginning a new school, trying to fit in and make friends, etc. That transitional time was my 11th grade year, so when the summer came, I had an opportunity to go on a trip abroad, and it was a great time for my wellness. But when I began my 12th grade year, it was filled with college applications and scholarships, and was very difficult to juggle all of that with doing the Gold Award. Plus we were affected by the Eaton Canyon fire. Although our house was spared, we still had to evacuate because we are close to the border line, and our

house was inhabitable for a while. Seven of my scout sisters lost their homes, and many of our activities were done in Altadena, like Camp Mariposa was our second home, the Community Garden where we had our garden and did things like Lemonade Happy Hour, Loma Alta Park where we started, etc., so the mental toll, depression, and sadness myself, but also being sad for my fellow Girl Scouts, and losing all those memories took a toll. Overall, I would recommend to younger Girl Scouts, to not wait until your senior year to do the award.

**I overcame them by:**

Redirecting my project to a different audience, one that was from smaller, more local organization. As for the technological problems, a fair amount of time spent staring at instructions and watching troubleshooting videos helped. Using my Google Calendar and communicating with my team helped with all of the deadlines and work that had to be done. And when things got too difficult, I would pray and listen to songs like, "We Gon be Alright" by Tye Tribbett.

**The strengths, talents and skills I put into action were:**

- ☒ Project Management
- ☒ Problem Solving
- ☒ Public Speaking
- ☒ Presentation Skills
- ☒ Time Management

**The leadership skills I put into practice were:**

Throughout this project I was able to use my delegation and adaptive skills so that I felt less overwhelmed. I also practiced my public speaking and time management. Overall, I took the initiative to create this project and see it through.

**I learned the following about myself:**

I have learned that I am incredibly adaptable to change and can prepare for multiple outcomes.

**The most successful part of my project was:**

Through all of the ups and downs of this project, the most successful part of it all was the first workshop



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with all of the elderly women looking up and around through their VR headsets.

**I would change the following if I could start over:**

If I could start over I would probably change my time frame so that the project would have been completed before college application season came around so I would be able to focus harder.

**Through earning my Gold Award, I now demonstrate the following Girl Scout Leadership outcomes:**

☒ Positive Values

Project Advisor Name: Ayesha Randall

Date of Validation: 4/16/2025





Date of Final Report Submission:



**Gold Award Experience Log:**

	<p><b>Explaining terrariums</b></p> <p>4/11/2025</p> <p>Showing the seniors the elements of a terrarium</p>
	<p><b>Feedback</b></p> <p>4/11/2025</p> <p>Seniors filling out the survey packet</p>
	<p><b>Shift from VR to very real rocks (VRR)</b></p> <p>4/11/2025</p> <p>bringing out the soil for terrariums after VR component was done</p>
	<p><b>Successful VR Attempt</b></p> <p>4/11/2025</p> <p>Elders hyping one another up on using the headsets correctly</p>
	<p><b>VR Master</b></p> <p>4/11/2025</p> <p>One of the elders confidently using the VR camera with no assistance.</p>
	<p><b>Teaching the Tube</b></p> <p>4/11/2025</p> <p>Teaching the elders how to install YouTube in order to view the video.</p>
	<p><b>The bird App</b></p> <p>4/11/2025</p> <p>Teaching how to download and where to look in the Merlin Bird ID app for the</p>



	birds and their facts.
	<b>Closer look at VR</b> 4/11/2025 Elder taking a closer view of the Google Cardboard, inspecting and asking questions about each of the components.
	<b>and Beyond...</b> 4/11/2025 An elder enjoying the virtual hike from under a shady tree.
	<b>Pre Virtual Hike Survey</b> 4/13/2025 Seniors completing the Pre Virtual Hike Survey
	<b>Website and hike</b> 4/16/2025 My website that will update as I continue adding virtual hikes as well as the virtual hike we focused on. <a href="http://aliciaeilani.com/great-outdoors%2C-indoors">http://aliciaeilani.com/great-outdoors%2C-indoors</a> <a href="https://www.youtube.com/watch?v=dvz6FNIHsME&amp;t=1s">https://www.youtube.com/watch?v=dvz6FNIHsME&amp;t=1s</a>