**Japan**

**Promise**
I promise to: Do my duty to God (Buddha); Be responsible for my community, My country and the world; Try to be helpful to other people; and Live by the Girl Scout Law.

**Law**
I am cheerful and courageous at all times.
I respect all living things.
I am a friend to all, and a sister to every Girl Scout.
I am courteous.
I use time and resources wisely.
I think and act on my own.
I am responsible for what I say and do.
I try to be sincere.

**Portugal**

**Promise**
I promise, on my honour and with God’s help, to do my best: To do my duty to God and country, To help other people at all times, and Obey the Guide Law.

**Law**
A Guide’s honour is sacred, and her word worthy of complete trust
A Guide is loyal
A Guide is useful and does a good deed every day
A Guide is a friend to all and a sister to every other Guide
A Guide is kind and courteous

**Qatar**

**Promise**
On my honour, I promise to do my best: To do my duty to God and his prophet, To be loyal to my country and the Emir, to help others And to obey the Guide Law.

**Law**
A Guide’s honour is to be trusted.
A Guide is loyal to God then her country, the Emir, parents and superiors
A Guide’s duty is to be useful and to help others
A Guide is a friend to all and a sister to every other Guide
A Guide is a friend to animals
A Guide obeys orders of her parents, head of division and Unit Leader
A Guide smiles when facing difficulties.
A Guide is thrifty.
A Guide is pure in thought, word and deed.
Uganda

Promise
I promise, on my honour, to do my best: To do my duty to God and my country, To help other people at all times, and To obey the Guide Law.

Law
A Guide is reliable and speaks the truth
A Guide is loyal
A Guide’s duty is to be useful and to help others
A Guide is a friend to all and a sister to every other Guide
A Guide is polite and considerate
A Guide respects God’s creation and protects plants and animals
A Guide obeys orders
A Guide smiles and sings under all difficulties
A Guide makes good use of time, talents and possessions
A Guide is pure in thought, word and deed

Panama

Promise
With the grace of God I promise on my honour to do my best: To fulfill my duties to God and my country, To help other people in all circumstances, To obey the Guide Law.

Law
A Guide is a person of honour
A Guide is loyal
A Guide is useful and helps other people
A Guide is a friend to all and a sister to all other Guides
A Guide is courteous
A Guide loves plants and animals and sees in nature the work of God
A Guide is obedient and disciplined
A Guide smiles under all difficulties
A Guide is thrifty
A Guide is pure in her thoughts, words and deeds