



FREQUENTLY ASKED QUESTIONS ABOUT THE EXPEDITION PROGRAMME

What safety policies do you operate?

Adventure Lifesigns expeditions operates a comprehensive safety policy covering UK safety guidelines, overseas safety guidelines, 24-hour operations cell, comprehensive insurance package, worldwide medical cover and satellite communications. We attach equal importance to all areas of our safety policy and thereby ensure that each overseas expedition and UK-based training course complies with our strict recommendations. For detailed information, please contact our office.

How can I get my school interested in starting an expedition?

Email or call us and we will organise a convenient time to come and give a presentation at your school.

What do you know about the destination, have you been there, do you have any contacts there?

The Adventure Lifesigns planning team has travelled to each one of our expedition destinations and carried out extensive research to ensure that the students' itineraries are achievable, worthwhile, safe and fun! In every destination country we have established connections with local communities and Non-Government Organisations (NGO's).

How do we raise the money we need for an expedition?

As part of the developmental experience, each student will receive advice and instructions on managing their money and support in the planning of fund raising events. Suggestions on how to raise funds are emailed to the student monthly.

What are the benefits of going on an expedition?

Travelling through a foreign country with an unfamiliar culture and landscape is utterly different to your everyday life at home, but the exciting and valuable knowledge you gain there will remain with you for many years to come. On your return, your experiences will not only be of social and personal benefit, but will also serve as an indispensable advantage to furthering your education or beginning a career.

What is expected from the teachers?

The continual commitment and support from participating teachers throughout the 6-22 month developmental programme is essential. Teachers need to help facilitate the expedition participants throughout all of the UK based personal development activities and the overseas expedition phase.



What happens if an accident occurs whilst on an overseas expedition?

In the event of a minor accident, the casualty will be taken to a recognised and suitable equipped medical centre. In the event of the casualty requiring further specialised attention, they will be moved to an appropriate facility by the fastest means possible. This is covered by our comprehensive insurance package. Adventure Lifesigns expeditions will be informed immediately of any such situation via satellite communications contacting our 24-hour operations cell.

What qualifications and experience do the expedition leaders have?

All Expedition Leaders must have obtained the Mountain Leader Summer Award and hold a wilderness medical certificate or higher. They must also have lead overseas expeditions before and be over 24 years of age.

What will we need to take with us?

A full list of personal, group and safety equipment plus recommendations and discounts on what to buy is provided by ALS.