



OVERSEAS EXPEDITION PROGRAMME - AT A GLANCE

The Programme

Our Overseas Expedition Development Programmes give students between the ages of 13 and 19 the opportunity to develop their experience and knowledge in some of the most exciting and stunning locations on Earth. These programmes are designed to offer the travel experience of a lifetime as well as improving on transferable life skills such as communication, teamwork, leadership, problem solving and planning.

Organisation

The programmes are offered to schools and education establishments throughout the UK, with a minimum of 12 students and 1 school teacher required to participate on each expedition programme. Each expedition is led by a highly qualified and experienced Expedition Leader who, together with the school teacher will be involved with and coach you through every stage of the programme.

Destinations

Our expedition destinations cross five continents and include some of the most outstanding and diverse places on earth. Our expedition destinations currently feature Ecuador, Peru, Kenya, South Africa, Tanzania, Sarawak, Nepal, Cambodia and Morocco. These are just some of our current destinations and have proved very successful. Adventure Lifesigns expeditions are happy to consider any other worldwide destination your group would like to visit.

Itineraries

It's entirely up to your team to plan the itinerary for your chosen location. From big game watching, whitewater rafting and jungle trekking in Kenya to cultural tours, mountain biking and altitude trekking in Peru, there are so many fantastic activities to get involved with depending on your destination. As well as the exciting activities available, there are environmental, community and cultural projects to get involved with, such as forestry conservation, wildlife tracking projects and building work to help local communities. Teaching English in local schools is also an option for those students who want to gain teaching experience. Getting involved with projects like these is an invaluable learning experience that gives you a great sense of group achievement!

Accommodation

Where you stay whilst on the expedition depends on location and itinerary, but typically comprises a range of different types of accommodation ranging from a hostel to a tent, hammock to a jungle shack!



What to pack

The only thing you need to pack is your own personal clothing, rucksack and a pair of boots! Further information regarding equipment will be supplied during your Expedition Skills Training course(s) (EST1&2). A complete packing list is available via email.

Other Essential Information

Details about deposits, payment stages and schedules will be emailed to you by your School Programme Coordinator. Other things you need to consider before you go, like vaccinations and documentation, will be covered during the training course(s).

Your Teacher (School Coordinator)

The School Coordinator is an indispensable member of the expedition team. Without their support it would be extremely difficult for participants to work their way through the preparation period. With their involvement, however, the team has someone to help them through the preparation period and the expedition itself.

The School Coordinator's continual support and commitment to the programme is vital and taking part requires not only energy, enthusiasm and most importantly a sense of humour!

Your Expedition Leader(s)

Leading an expedition is extremely challenging, it requires commitment and responsibility. Expedition Leaders possess extensive practical knowledge, excellent communication skills and maturity. All Expedition Leaders have travelled independently in the developing world. They have proven expedition knowledge, are highly qualified in wilderness medicine and are experienced in working with youth groups in the outdoor environment. Most importantly they are technically competent. All aspirant leaders are required to undergo a rigorous selection and vetting process before being accepted.