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# NEPAL 2010

## SOMERSET and DORSET SCHOOLS

### NEWSLETTER 2

#### Training Session 1

A big thank you to everyone for attending the Training Weekend here at Lydeard Farm. I hope everyone enjoyed themselves and had a chance to meet lots of new people and make friends. Also a big thank you to parents for attending the Sunday BBQ, I hope this gave you an opportunity to see what Outposts Ltd is all about.

#### Team Code of Conduct

It was agreed by everyone that you would abide to the following code of conduct throughout the expedition process:

- Ⓢ Dai does not smoke in presence of group.
- Ⓢ No swearing in public.
- Ⓢ Moderate consumption of alcohol if suitable.
- Ⓢ Absolutely NO drunkenness.
- Ⓢ Absolutely NO drugs.
- Ⓢ Absolutely NO sex.
- Ⓢ Arguments = Time out.
- Ⓢ Disagreements = See Dai or Katie.
- Ⓢ No touching other peoples personal possessions.
- Ⓢ Look after each other.

Remember this is your expedition and in order for everyone to get the most out of it you all have to live by these rules. Section 16 of our terms and conditions also refers to this. A copy of our terms and conditions will be posted on the private pages of our website.

#### Fitness

Don't forget to keep up with your fitness both for you personally and for the rest of your team. It is essential to be fit for this expedition.



### Project Details

To aid you with fundraising here are the project details and attached, an information sheet:

### Education First Foundation (EFF)

An NGO registered with the Nepal Government.  
PAN No: 303019400

### Private Website Page

We have been working hard on our website and in a couple of weeks newly improved, comprehensive and efficient pages will be up and running. I will email you all letting you know when this "goes live"!

On the new website, your expedition will have a private page, for which I will give you a password to enter. In here you will find PDF files containing:- Fundraising ideas, kit and equipment lists, your itinerary, useful words and phrases etc.

The new website will also link through to an Outposts Ltd Facebook page which you can all go onto if that is something that you do!

### Insurance

You are all required to have Personal Insurance for the duration of the Expedition. This must include comprehensive Emergency Medical Cover.

I need from you the following information, no later than Training Session 2:

- Ⓢ Company you are insured with.
- Ⓢ Policy and / or Certificate Number.
- Ⓢ Details of Emergency Medical Cover.

In the event of an accident in country, Outpost Ltd will make any necessary cash payments and then invoice the parent/guardian of the expeditioner for repayment. This you will claim back from your insurance company.

### Vaccinations

We (Outposts Ltd) follow the advice of the World Health Organisation as interpreted by MASTA; an organisation founded in 1984 at the London School of Hygiene and Tropical Medicine originally to provide specific travel health information to travellers and health professionals. However, you must follow the independent advice given to you by your GP and Travel Health Advisor.

#### Recommended vaccinations

Diphtheria  
Tetanus  
Polio  
Hepatitis A  
Typhoid Fever

#### To be considered

Hepatitis B  
Rabies  
Cholera  
Japanese Encephalitis (JE)  
Tuberculosis (TB)

You will not be entering a Malarial Zone.

### Blood Groups

In case of an Emergency in country, please let me know your blood group by Training Session 2.



### Risks in Nepal

Just to reiterate:

- ⦿ There will be exposure on paths during trek.
- ⦿ There will be occasion where an Helicopter cannot reach you in an emergency.
- ⦿ You will get diarrhoea, this is normal adjustment. Your leader will advise and treat you and only take you to a Doctor if it becomes abnormal!

### Passport Photocopies

I require a photocopy of your passport by Training Session 2.

### Training Session 2

Location: Lydeard Farm  
Arrival: 1200 – Fri 9 Apr 2010  
Depart: 1200 – Sat 10 Apr 2010

I will give you more details nearer the time.

### Costs and Payment Dates

Your flights have been booked:

- ⦿ £697.00 including current tax rates

Your expedition costs confirmed as:

- ⦿ £1,710.00

Payments due schedule:

- |                  |            |         |
|------------------|------------|---------|
| ⦿ Second payment | 1 December | £600.00 |
| ⦿ Third payment  | 1 March    | £600.00 |
| ⦿ Final payment  | 1 May      | Balance |

### Any Questions?

If you have any queries please contact my either by email: [fee.bellamy@outposts.co.uk](mailto:fee.bellamy@outposts.co.uk)  
or telephone: 01823 451959