



South Africa 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 Goal and Code of Conduct

"Make it a once in a lifetime experience – the more you put in, the more you get out!"

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

- ⊗ As a team we should include everybody, listen and communicate.
- ⊗ Respect each other, the environment and the culture.
- ⊗ No Alcohol No Drugs No Smoking
- ⊗ Get as much out of the trip as you can. HAVE FUN
- ⊗ Stay in groups of 4, but try to include everyone.
- ⊗ Be wise with relationships.
- ⊗ Behave like adults and act sensibly.
- ⊗ Make sure someone knows where you are at all times.
- ⊗ Keep to timings, stay punctual and never be late.
- ⊗ BE HONEST

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.



Project Details

To aid you with fundraising here are the project details and attached, a letter:

Zulufadder is a Norwegian Charity, and it does not therefore have an associated tax number. It is registered with the South Africa Eshowe Rotary Club under Section 21 as the "Zulu Children's Trust" and is a "Company Not for Gain".

www.zulusponsor.no

Zulufadder is Norwegian for Zulu Godparent. Zulufadder was founded by a Norwegian actress, who is now dedicated to improving the lives of AIDS orphans. Zulufadder provides much needed food, shelter and education for children whose lives have been turned upside down.

Outposts Ltd and Somerset & Dorset Schools lend a very important helping hand and funds that provide materials and man power to improve this struggling community project and support its continuous development.

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 with whom you are insured.
- ⊗ 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
Hepatitis A
Tetanus



To be considered

Typhoid Fever
Hepatitis B – *mention that you are working in an Aids Orphanage*
Rabies
Cholera
Tuberculosis (TB)

Malarial Cover

You must advise your Travel Nurse that you leave for South Africa in July and will be entering Low Risk Malarial Zones for 6 days, 28 Jul - 2 Aug inclusive.
We strongly recommend that you do not use Larium. Most participants have used Malarone.

Blood Groups

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

Passport Photocopies

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

Training Session 2

Location: Lydeard Farm
Arrival: 1000 – Thu 8 Apr 2010
Depart: 1000 – Fri 9 Apr 2010

I will give you more details nearer the time.

Costs and Payment Dates

Your flights have been booked:

- ⊗ Youth Fares: £677.00 including current tax rates
(17 yrs or under at time of travel)
- ⊗ Adult Fares: £747.00 including current tax rates
(18 yrs + at time of travel)

Your expedition cost confirmed as:

- ⊗ £1,860.00

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 me either by email: fee.bellamy@outposts.co.uk
or telephone: 01823 451959