



# South Africa 2010

## SOMERSET and DORSET SCHOOLS

### NEWSLETTER 3

#### Training Session 2

Dates: Thu 8<sup>th</sup> Apr, 1000 – Fri 9<sup>th</sup> Apr, 1000  
 Location: Lydeard Farm Bush Camp  
 Accommodation: CAMPING – *Don't forget your mat and sleeping bag!*

#### The aim of the weekend

Integrate the groups, conduct pre-expedition training and complete all administration and briefings prior to departure to South Africa! *Please bring a notebook and pen!*

#### Final Kit Check

Please bring with you all the kit from your main kit list. We will be checking everything to make sure that you have all that you need!

#### Programme

Date	Time	Activities
Thu 8 Apr	1000	All assemble at Lydeard Farm Bush Camp.
	1030	Team Games
	1130	Kit Check
	1245	Lunch
	1330	Move into Tents
	1415	Risk Assessments Travel security and safety lectures
	1700	Prep food for Dinner
	1900	Dinner Open Discussion
	2230	Lights out
Fri 9 Apr	0800	Breakfast and pack
	0900	Any questions?
	1000	Departure. Parents to pick up from Lydeard Farm



### Administration

**You must bring the following information with you:**

#### Personal insurance:

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

#### Passports:

- ⊗ Please bring your passport so that I can check all the details and take a photocopy.

#### Vaccinations:

- ⊗ Please bring details of the vaccinations that you have had/are having.

#### Blood Group:

- ⊗ If you have not been able to get your Blood Group, *do not* worry. I am aware that it has become increasingly difficult to get this information, and though it is very useful to have this detail, it is not essential.

#### Next of Kin:

- ⊗ I need to know who your next of kin are and how I can contact them for the duration of your time on expedition. This includes if they go on holiday during that time. If that is the case, I need the dates they are away and the contact details for them during that period.

#### Trek T-shirts:

- ⊗ I need to know your t-shirt size for the expedition t-shirts.

### Payments

Thank you to everyone who has paid their Mar instalment of £600.00.  
The final balance due on May 1<sup>st</sup> is - £337.00

### Any Questions?

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