



13<sup>th</sup> July 2022

Dear Explorer,

**Re: 21-Day Carrington School Expedition to eSwatini – Summer 2024**

Take up the challenge and lead your own overseas expedition to eSwatini with Carrington School and Adventure Lifesigns expeditions.

We have a vast wealth of experience taking youth groups on unforgettable journeys around the world. From tropical jungles to high altitude mountaineering – I can guarantee you will discover a new side to your personality that you never knew existed! Our expeditions are not just about having fun, they will also broaden your horizons, can be curriculum supporting and more importantly give something back to the country you visit.

An Adventure Lifesigns expedition brings together school teams of twelve to twenty Explorers, forging friendships that will last for years. Students from the school are eligible to apply for the 6-22-month programme. By raising your own funds, you will become financially independent and learn the value of budgeting and saving.

Before departure, the team will attend three training sessions designed to give you the confidence, hard and soft skills to lead your own overseas expedition. The expedition will be split into several distinct phases; carefully designed to maximise your personal development and enjoyment.

The projected cost of the trip including all training, in-country costs, group equipment and comprehensive insurance package is £3,000.

If you would like to be a part of this expedition, please click on the following link and state **0224** in the reference box: [www.adventurelifesigns.co.uk/sign-up](http://www.adventurelifesigns.co.uk/sign-up).

I wish you a happy and successful expedition.

Yours sincerely

Alistair Cole FRGS FLS F.Inst.TT  
Chief Executive