



CCC staff going above and beyond for charity!

We have been blown away recently by the efforts of some of our staff team to improve the world that we live in and the lives of the people in our communities, both at home and abroad. On Monday our CEO, Alistair Cole, and Training Director, Ian Forbes, arrived back in the office after successfully completing the Marathon des Sables, all in aid of the [Great Ormond Street Hospital Children's Charity](#) and [Two Saints](#). Heralded as the 'toughest footrace on earth' by the Discovery Channel, this 6 day trek through the Sahara Desert requires all runners to be self-sufficient (plus maybe a little crazy?), and is equivalent to 6 regular marathons. Good job boys, you done us proud!!

Next we have Ben, our Field Base Manager, who will be rounding off the successful completion of our work in Cambodia by going on a little cycle ride... from Vietnam to Cambodia, a staggering 538 kilometres! Living in a developing country, the children of Cambodia suffer from malnutrition, limited healthcare and child labour. Ben has been in a position to see this first hand and has been moved to help by raising money for the International Childcare Trust. We wish him and his brother a safe and speedy (as possible) journey!

If you would like to contribute to any of their fantastic causes you are welcome to donate on line by clicking on the links below:

<http://www.justgiving.com/benthorne>

www.justgiving.com/alistaircole

www.virginmoneygiving.com/lanForbes2



Locals removing Crown of Thorns Seastars from the reef.

Philippines: The Napantao locals aren't afraid of a little hard work, and were more than happy to roll their sleeves up for a Crown of Thorns Seastar (CoTS) removal session this month. 'Quantity' is the important factor with this species of star fish; as if their numbers are disproportionate in an area they do more harm than good. With the added incentive of 5 pesos for every CoTS extracted the community proved to be handy with a set of barbecue tongs, collecting around 130 CoTs in total! CCC joined in and were pleased to be able to donate the CoTS removed to the community's collection. What great team work!



A Hawksbill Turtle is spotted in Montserrat.

Montserrat: Tom Daguere, Science Officer, has recently been visiting the reefs armed with his camera, and has been spoilt for species sightings this month. The Caribbean is a fantastic spot for some of the world's larger marine species and Montserrat is a perfect example of this trend with Humpback Whales spotted from site this month! Tom has produced a delightful film that we are able to share with you, with highlights such as the graceful Green and Hawksbill turtles, and Southern Sting Rays, and the angular Box Fish. Click [here](#) to watch!



The team set off on a survey camping trip.

Cambodia: Due to the combined efforts of the staff and our fantastic volunteers, CCC are pleased to confirm that we have now completed all of our surveys of the Koh Rong region! We will be handing over a fantastic data set to the Fisheries Administration (FiA) when we leave, which will feed into the information needed to complete the creation of Cambodia's first large scale marine protected area. Even though we will be leaving Cambodia in June we will of course continue to provide support and guidance to the local people. Check out the [Blog](#) for regular updates.

Offer of the Month!

One for all of you eager divers out there! Book on for a 4 week marine expedition on either our Montserrat or Philippines site and **get your Rescue Diver course for Free!** Just mention 'Rescue April14' in the booking section when you [Book On!](#)

Offer only available on expeditions booked before the 19th May 2014. Offer does not include Rescue Manual and PIC.