



Training a New Batch of Intrepid Explorers!

Last weekend saw the team from [Adventure Lifesigns](#) up to their arm pits in theoretical emergency situations, and water, during the annual Staff Preparation Conference.

Each year Adventure Lifesigns' Team Leaders and the school coordinators that will join the season's expeditions, come together for two days to brush up on their outdoor skills and equip themselves with the knowledge they need to run a safe and enjoyable expedition. The team leaders are of course well versed in all things health and safety, but this is an invaluable opportunity for leaders and coordinators to get to know each other and bond before leading a trip together.

The weekend covered a huge variety of topics from communication equipment and helicopter landings, to child protection and environmental issues. We have to admit that the water safety course was probably the most enjoyable, although perhaps not for our CEO who sportingly volunteered to play the casualty! Strangely enough there weren't many people who wanted to bob about in a river in the middle of Aldershot in March!

The great outcome of this event is that it builds such a great level of excitement in the participants for the expedition ahead, whilst learning a lot too. As one of the school coordinators commented afterwards 'Fantastic weekend. Learnt and shared loads!'



Smiles from crab and craftsman! Photo courtesy of Tom Weigall.



A student tests out the climbing wall.

Coral Cay Conservation

The past few days have been a time of merrymaking and festivities for the island of Montserrat as they celebrate St Patrick's Day, an event which heralds a public holiday on the island. Montserrat has a large Irish influence as a result of many of the first European settlers being indentured Irish servants. The Montserrat flag depicts an Irish woman, 'Erin', playing a harp, which is symbolic of freedom in Ireland. This Irish heritage remains strong in Montserrat, and the islands population have celebrated St Patrick's Day since 1768. The [CCC](#) Montserrat team were out in the community for their most recent library workshop in Brades. This session focused on marine crustaceans. St Patrick's day celebrations had already begun so the team welcomed a slightly smaller group than usual but a few more showed up in time for the crafts! The craft session involved a game; where the children gradually collected parts to make a crab. As always this involved an excessive use of sequins! To read more about what the kids got up to check out our [Blog!](#)

Recent Events

The team were blessed with wonderful weather this week when they headed out to hold a day of team building for Danes Hill School. The day was spent on a farm around the corner from Head Office, so there was plenty of room for the year 8 students to run around and test their problem solving skills. Good thing really as including staff there were almost 100 attendees.

The day was split into sessions of half an hour with activities testing the student's team work and planning skills. One of the biggest challenges that we see coming up time and time again is the ability to keep trying when the first attempts fail. The students showed great perseverance and everyone involved had an educational, challenging and enjoyable day. Well done to everyone involved!

This school kicked off our team building season, which will continue in earnest, with a few breaks for expedition season, until winter. If you would like to join us for a team building session you can find some more information [here](#).

Future Events

In a weeks' time Adventure Lifesigns' new Expeditions Manager, Kensa Cooper, will be jetting off to Borneo to conduct a recce of the Sarawak area, and find a new community project for our school groups to assist.

Adventure Lifesigns has been working in Borneo for a number of years but unfortunately due to the devastating effects of palm oil production, the rainforest in which our community were based was destroyed, forcing the community to scatter and relocate. It is now up to Kensa to find another worthy project that we can become involved in.

Kensa's recce will focus on Kuching, Miri and Mulu. She will be checking out Mulu National Park and is also hoping to make her way to the coastal National Park of Similajau - but with public transport options to get there being limited she may have to get inventive! Kensa's job will involve checking out the accommodation, food, travel options and activities available – as well as risk assessing the new project site. It involves a lot of moving around and note taking but she assures us that orang-utans will almost certainly feature somewhere along the way! Part of the joy of recces is heading out into the unknown so we can't wait to hear the stories that she brings back with her. We'll be sure to update you on her return.

Offer of the month!

One for the budding herpetologists and ornithologists out there this month! We will give anyone who [books on](#) for at least 5 weeks on Coral Cay Conservation's Montserrat terrestrial expedition the 6th week **FREE!** Just mention 'Newsletter 16/03' in the message section of the booking form. Montserrat is home to lush rainforest and a number of endemic species which makes it a perfect destination for nature lovers!

Terms & Conditions: Offer applies to terrestrial expeditions only. Expedition duration must be five weeks or longer. Expedition must take place within 2016. Offer expires 18th April 2016.

Offer is only redeemable through mention of 'Newsletter 16/03' on the booking form. Offer cannot be combined with any other offer. This offer has no monetary value and no cash or product alternative will be offered. Usual expedition Terms and Conditions apply.