



Check out this video, made by one of the talented Adventure Lifesigns' explorers during their Nepal 2017 expedition

Bidding Farewell to the 2017 School Season

Last month saw the return of the final school group from Adventure Lifesigns' and Coral Cay Conservation's expeditions. Journeys that saw pupils from all over UK travelling to Zambia, Malawi, Uganda, Kenya, Cambodia, Nepal, The Azores, Ecuador and Montserrat. Fourteen teams from a range of UK schools took part in expeditions which involved an array of activities, some focused solely on hiking and cultural experiences, and others included social projects building classrooms and toilet facilities for local communities. We heard tales of wild elephants yards from safari trucks, and students trying out the local cuisine of deep fried tarantulas and ants! Mud baths were also a highlight, for both the pupils and hippos, although perhaps not at the same time!

The hiking is always one of the most challenging but rewarding aspects of an expedition; with this year's students successfully reaching the peaks of Mount Elgon (Uganda), Mount Mulanje (Malawi) and Annapurna Base Camp (Nepal) amongst others.

We want to take this opportunity to say a very big well done to all the students who joined us, you blew us away with your enthusiasm and positive attitude, and thank you to all those who undertook building/community projects in country, where the communities will be able to benefit from your hard work for years to come.



Montserrat welcomes a school group to site.



Alex strikes a pose before starting the course on top of the O2.

Coral Cay Conservation

The Montserrat team recently welcomed a UK school group on site. The group visited us for about two weeks during which time the site was shut down to regular volunteers. This means that the team can run an altered schedule, allowing for a more focused training program, along with opportunities to soak up some of the local sights.

The teams' training program was focused particularly on the terrestrial species that can be found in the Centre Hills of Montserrat. The pupils learnt all about the birds, amphibians and reptiles on island and got to put their training into practise conducting a jungle night survey, where they counted, weighed and measured amphibians. Those that could scuba dive also had the opportunity to check out the beautiful Caribbean reefs of Montserrat, and everyone visited the [Montserrat Volcano Observatory](#), a must see for anyone visiting this volcanic island.

If you are interested in bringing a school or university group to a CCC site, check out [group bookings](#) page for further information.

Recent Events

Lifesigns Group's UK Trainer, Alex Ferguson, recently scaled the O2 Arena to give a first aid course with a difference, 52 metres above ground!

The clients were the crew of 'Up at The O2', the company that lead the guided tours over the roof of the dome. The tours have all of the necessary safety precautions in place from a rubberised walkway to aid traction, to a central rail to which every climber is attached by a harness. The problem is, these precautions can be extremely inconvenient in the event of a first aid incident. How does one carry out chest compressions on what is essentially a slightly firmer bouncy castle? How would you safely extricate a casualty on a slope, when both you and they have restricted movement as a result of climbing gear? These were some of the questions that were attended to as part of the bespoke course.

If you are interested in gaining, or improving, on your First Aid skills check out the [Medical Lifesigns course list](#) for all the upcoming training dates.

Future Events

Throughout the year [Adventure Lifesigns](#) are busy holding team building sessions for local school groups. These can range from one day courses focused on strengthening bonds and team work, to week long courses held at a local activity centres, encouraging pupils to face their fears and try new skills.

We are always on the look out for highly skilled and enthusiastic freelance leaders to assist with these sessions, so if this is your area of expertise, or if you are looking to get into the industry, why not contact our UK Operations Coordinator, Pauline, on ukoperations@lifesignsgroup.co.uk? Our next vacancy is for a freelance leader, needed in the Woking area on the 6th September (must be over 18 years of age and hold a current, clear DBS enhanced certificate).



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Offer of the Month

If you are dreaming of heading overseas and dipping your toes in tropical waters, why not head on over to the Coral Cay Conservation Philippines site?

We are pleased to be able to offer anyone who books on to a CCC 2017 Philippines expedition start date a massive 25% discount off their first 4 weeks on site! We can't wait to welcome you on site, where we are now entering into whale shark season!

Terms & Conditions: Offer applies to Coral Cay Conservation Philippine expeditions only. Expedition start date must take place within 2017. Offer can only be redeemed until the 15th November 2017. Offer is only redeemable through the mention of 'NewsletterAug2017' on the booking form. The 25% discount applies to the first 4 weeks expedition fee only, any additional weeks will be priced at the usual rate. Offer cannot be combined with any other offer. Offer subject to availability. This offer has no monetary value and no cash or product alternative will be offered. Usual CCC expedition Terms and Conditions apply.