

# WEG

# THAILAND EXPEDITION 2012

Working in  
partnership with



**“We are all better than we know.  
If only we could be brought to realise this.”  
Kurt Kahn, Founder of Outward Bound.**

# INTRODUCTION

Thailand is an incredible country situated in the heart of South East Asia, bordered to the North by Burma and Laos, to the east Cambodia and to the South Malaysia. One of the most impressive countries in the world, it features Buddhist temples, exotic wildlife, stunning national parks, spectacular islands, world famous food, and a tropical climate, and is the perfect place to explore.

The country has a fascinating history, a unique culture exceptionally hospitable people who epitomize Thailand's "land of smiles" reputation.

Agriculture is the backbone of the country and you will live and work in and around Surin, one of the most underdeveloped regions in the country.



# EXPEDITION AIMS



Thailand 2012 brings young people from all over Herefordshire together to take part in a journey through Thailand's diverse lands. The expedition is connected with the Duke of Edinburgh's award programme and all members are expected to enrol in the award.

This will be the trip of a lifetime designed to give an enjoyable yet challenging and rewarding experience. With expert guidance and instruction you will push your boundaries, find undiscovered skills and qualities and help some of the world's poorest people in the process.

We will provide you with all the training you need to prepare for the expedition and develop your skills, knowledge which will help you to contribute positively to the group dynamics while you are in country.

# WHAT WE NEED FROM YOU

- You will need to be aged 16 - 19 on the 25th July 2012 and live in Herefordshire!
- Enthusiasm and motivation to overcome any challenges that may present themselves during the expedition.
- A commitment to several weekends of training and team building over the next 16 months and 4 weeks during summer 2012 for the expedition to Thailand.

# EXPEDITION SUMMARY

- Number of places:** 30 young people from Herefordshire. Plus 5 staff members.
- Duration:** 25 days
- Dates:** Late July / Early August 2012. To be confirmed.
- Fitness:** A good level of fitness to undertake comfortably a 2 day walk in the UK mountains carrying a 12-18kg rucksack.
- Technical difficulty:** The trekking will take place in the Thai jungles which is likely to be hot, humid with steep gradients and possible river crossings.
- Expedition price:** £1900 per person (approx)

Most participants will raise money for the venture through fundraising events and local sponsorship, both individually and as part of a team. Support and ideas will be provided to help you achieve your target.



## The price includes:

- Return flights to Thailand from London Heathrow
- All accommodation and meals during the expedition
- Experienced local guides
- All necessary technical equipment
- A donation to the community projects for further development and education
- All transport in Thailand, train, coach and boat travel
- Insurance

# THE PROGRAMME OUTLINE

When all the funding has been raised, the third phase of the expedition begins in Bangkok, Thailand. We will start with an introduction to Thailand from our experienced guides and development team, followed by a tour of Bangkok. During your stay you will live and work with communities in the east of Thailand, close to the border of Cambodia. Project work will include building and renovating children's homes, schools or orphanages in and around Surin, creating water pumps to provide clean water and sustainable farming techniques for agriculture.

The team will then move on to live with a Thai family and work in a traditional Elephant village with local Mahouts (Elephant handlers) who have worked with

the Elephants for centuries. Here you will learn about traditional Thai life, learn the language and learn to cook Thai food, help create a sustainable food supply for the elephants, learn Thai fishing techniques, kayak on the river and, if the weather is right, take the elephants to the river to cool down after a day of work.

The team will undertake a 2 day trek into the jungles in one of the most impressive national parks in the region, visit Buddhist temples and learn meditation techniques. The expedition will finish on the stunning Marine national park Island of Koh Chang where you will have the opportunity to snorkel amongst the coral reefs. A fantastic way to end your trip of a lifetime!

# HEG THAILAND 2012 LEADERS



## Herefordshire Expedition Group

Herefordshire Expedition Group is an association of local professionals who help young people fulfil their potential through challenging expeditions.

**Greg O'Farrell** : Team member of the 2009 expedition to Borneo with HEG.

**Nick James - Williams**: Outdoor Education Development Worker for Herefordshire Council. A qualified First Aid Trainer, numerous Instructor Qualifications, HND in Adventurous Activity Management and has travelled throughout Europe and Asia. One of Expedition 2009 leaders.

**Andy Preedy**: Assistant Youth Service Manager, Duke of Edinburgh's Award Officer, Mountain Leader (summer), over 10 years as a member of Longtown Mountain Rescue Team, one of Expedition 2007 and 2009 leaders and youth worker in Herefordshire for over 20 years.

**Hannah Denton**: Team member of the 2009 expedition to Borneo with HEG.



# OTHER USEFUL INFORMATION

## Working as part of a team

The emphasis of the expedition is to encourage individuals to develop a range of personal, team and leadership skills. All team members will work together to meet objectives and ensure the overall success of the expedition.

## Safety Systems

No venture into the outdoors comes without an element of risk. However, the expedition leaders are competent to assess and manage the risk associated with this expedition and will ensure there are appropriate safety systems in place.

## Insurance

Full travel insurance is included in the cost of the expedition. The policy includes repatriation from Thailand to the UK and appropriate cancellation and curtailment cover.

## Health and Medical

All leaders hold a relevant first aid certificate and the expedition will carry a first aid and medical kit.

## Child Protection Policy

Herefordshire Expedition Group has a Child Protection Policy. All leaders have an enhanced Criminal Records Bureau (CRB) Check.

## Important Note:

Please note the information contained in this leaflet may be subject to change.

## For an application form please contact:

Outdoor Education Team, Canoe Centre,  
Castle Green Training Centre, Quay Street,  
Hereford HR1 2NH

Email: [heg2012@hotmail.co.uk](mailto:heg2012@hotmail.co.uk)

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Phone: 01432 260212

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