

ADVENTURE LIFESIGNS EXPEDITIONS

YOU
ARE
HERE

Carrington School 2026

Namibia

REDEFINING THE BOUNDARIES OF EDUCATION

- DESTINATION
- A 'TYPICAL' EXPEDITION
- SAFETY & LEADERSHIP
- COST & INSURANCE



WHY US?

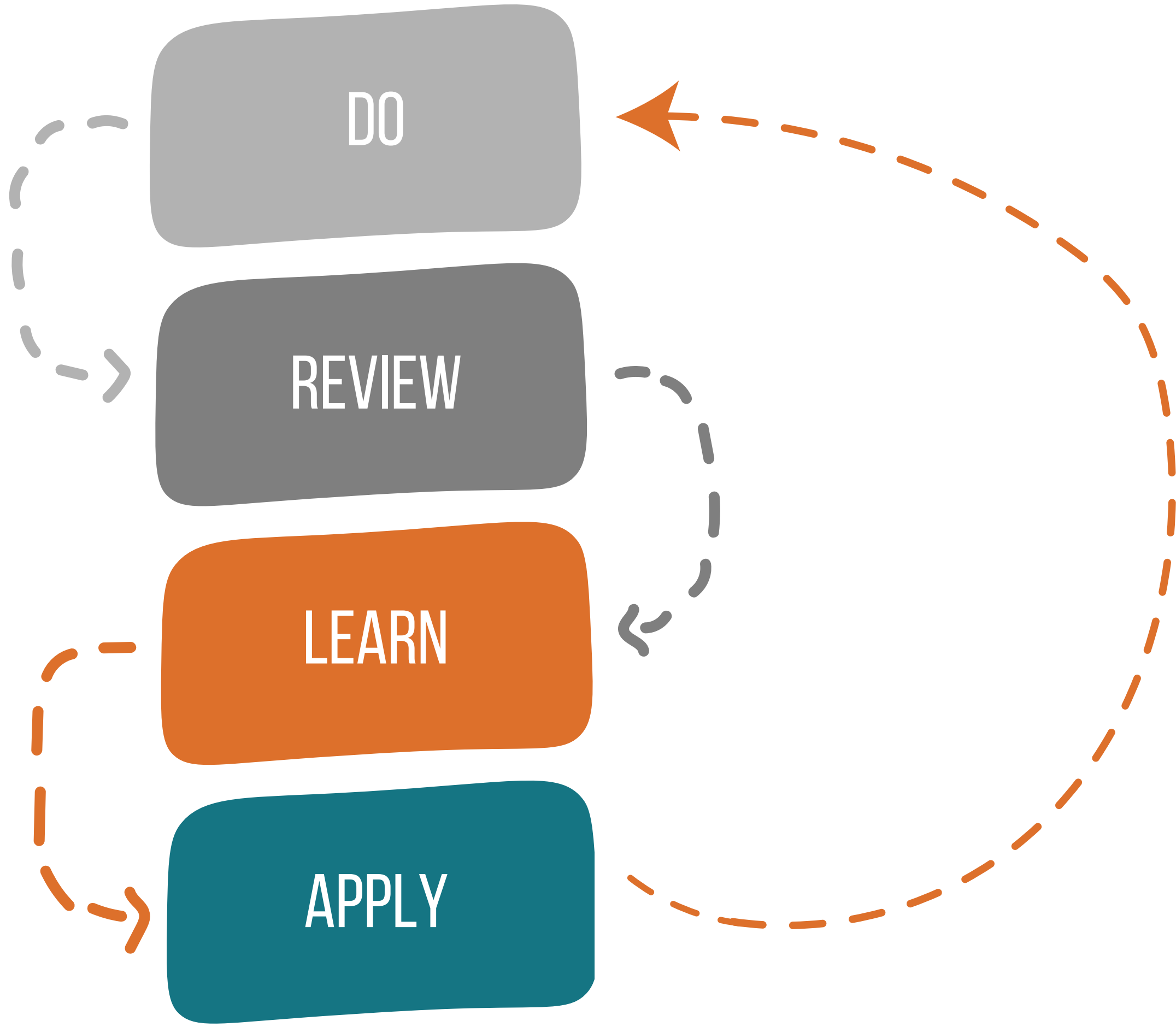
- ESTABLISHED IN 1999
- UK BASED
- LIFESIGNS GROUP
- FCDO PARTNER
- AALA APPROVED
- EPA ASSESSED
- BS8848 & LOTC COMPLIANT



“

**EVOLVING EXPEDITIONS
INTO SAFE,
EDUCATIONAL AND FUN
WAYS TO DEVELOP**

”



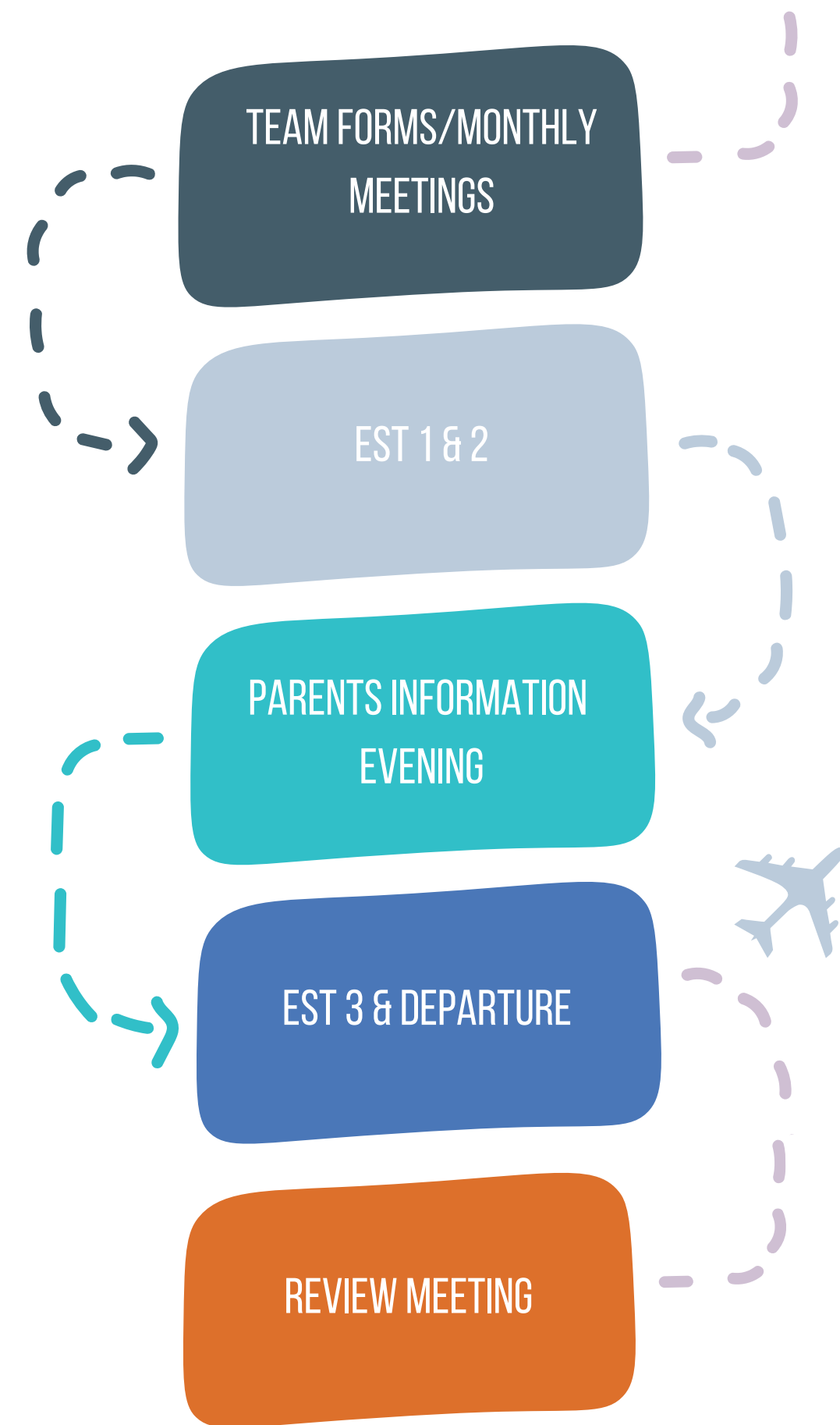


Namibia

HOW WE DELIVER

- Teams of 16+ students
- Students raise funds & take ownership
- Students receive training during build up period
- Students lead the expedition with minimum input from leadership team

TIMELINE





EST 1

- Planning, management & leadership
- Introduction to other awards
- Discover Medicine course
- Kit selection
- Country brief

EST 2

- Navigation
- Menu planning and Meal prep
- Campcraft/trekking with the leadership team
- Reinforces & expands upon EST 1





EST 3

- Document & equipment check
- Cultural immersion
- Reaffirm previous training
- Group roles & responsibilities
- Confirm plans

An aerial photograph of a wide, flat beach. The ocean is on the left, with white waves crashing onto the shore. The beach is a vast, flat expanse of light-colored sand, extending towards the horizon. The word "PHASES" is written in large, bold, white capital letters across the center of the image.

PHASES

ACCLIMATION



TREK



PROJECT



RECOVERY





CULTURAL IMMERSION

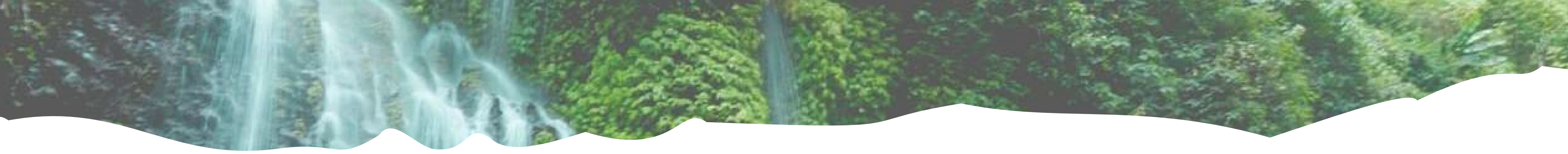


LEADERSHIP DEVELOPMENT

CONTINUOUS LEARNING



SAFETY



EXPEDITION LEADER



SCHOOL LEADERS



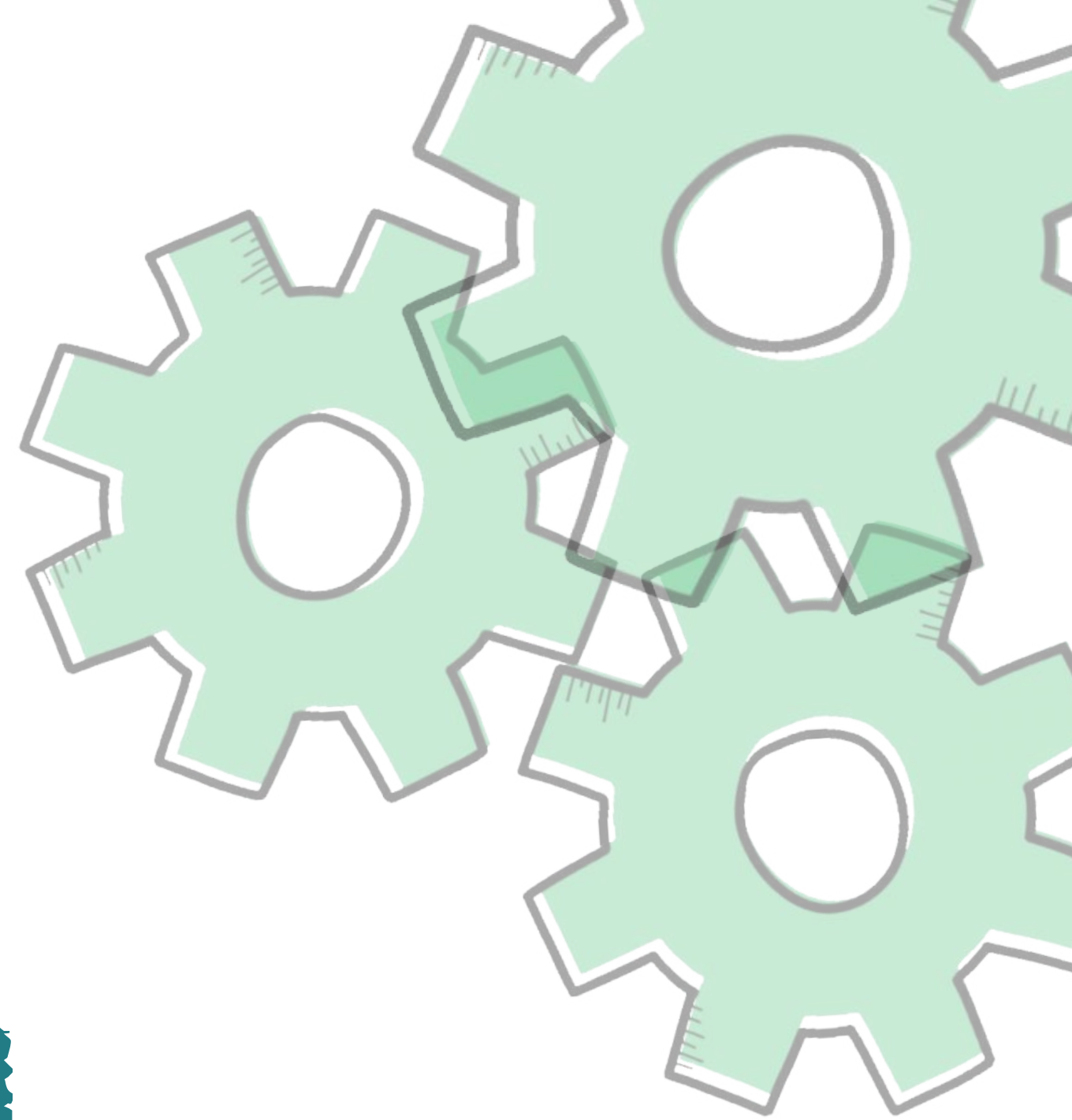
LOCAL TEAM



LEADERSHIP TEAM RESPONSIBILITY

Our Expedition Leaders are hand-picked for each school team to ensure an unforgettable experience. They have complete oversight of the expedition and its safety, and are qualified with the following:

- ✓ Enhanced Disclosure and Barring Service (DBS)
- ✓ Mountain Leader Assessed
- ✓ Leader assessment course
- ✓ 2-day staff preparation conference weekend
- ✓ Aquatic rescue trained
- ✓ Remote medical trained
- ✓ Child safeguarding trained



SUPPORT

- All of our leaders carry comprehensive safety equipment
- Teams can communicate with our operations room 24/7 for support



SPOT TRACKER SAT PHONE PERSONAL LOCATOR BEACON THROW LINES COMPREHENSIVE GROUP MEDICAL KITS PERSONAL PROTECTIVE EQUIPMENT



LEADERSHIP TEAM

LEADERSHIP TEAM

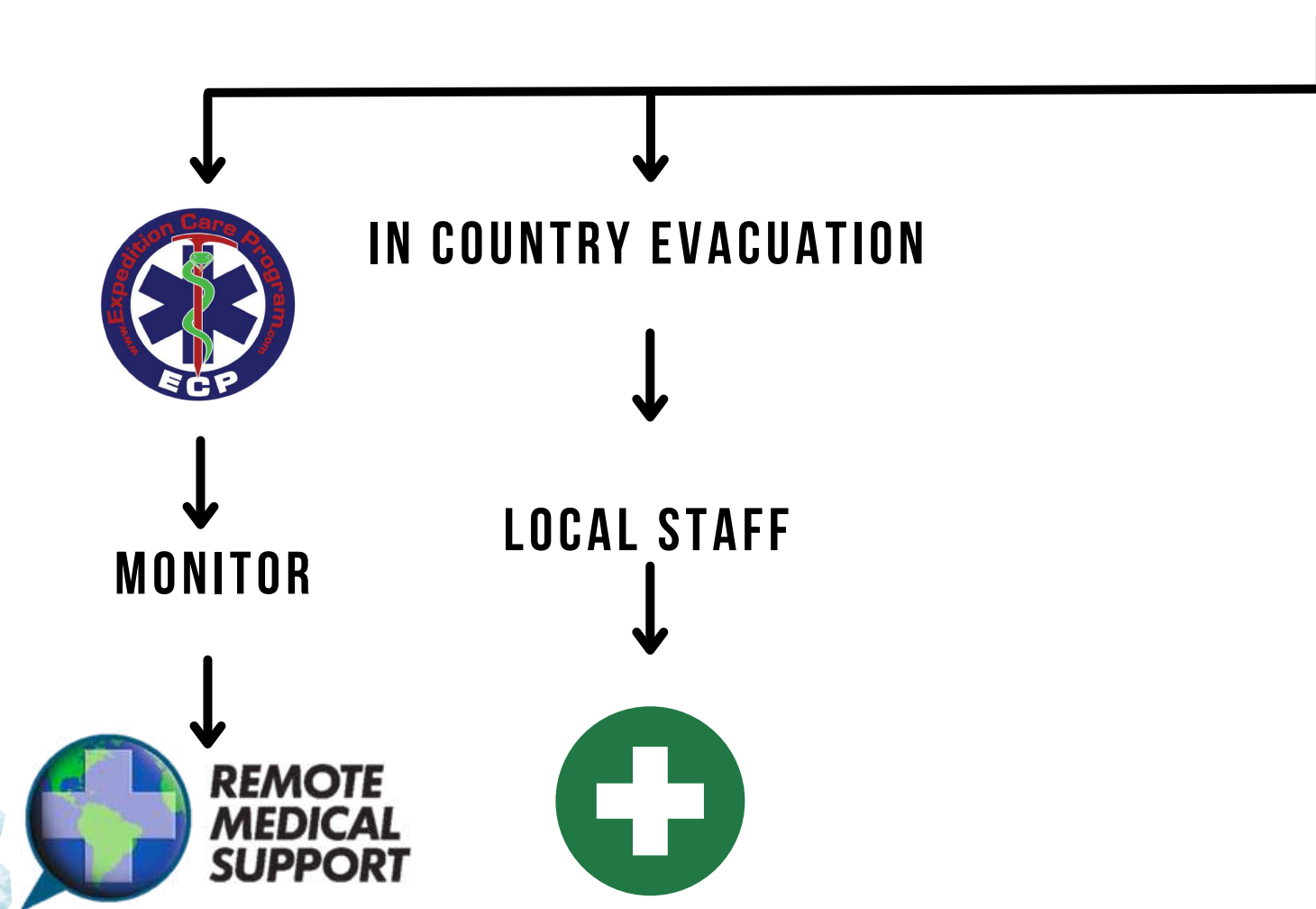


MONITOR

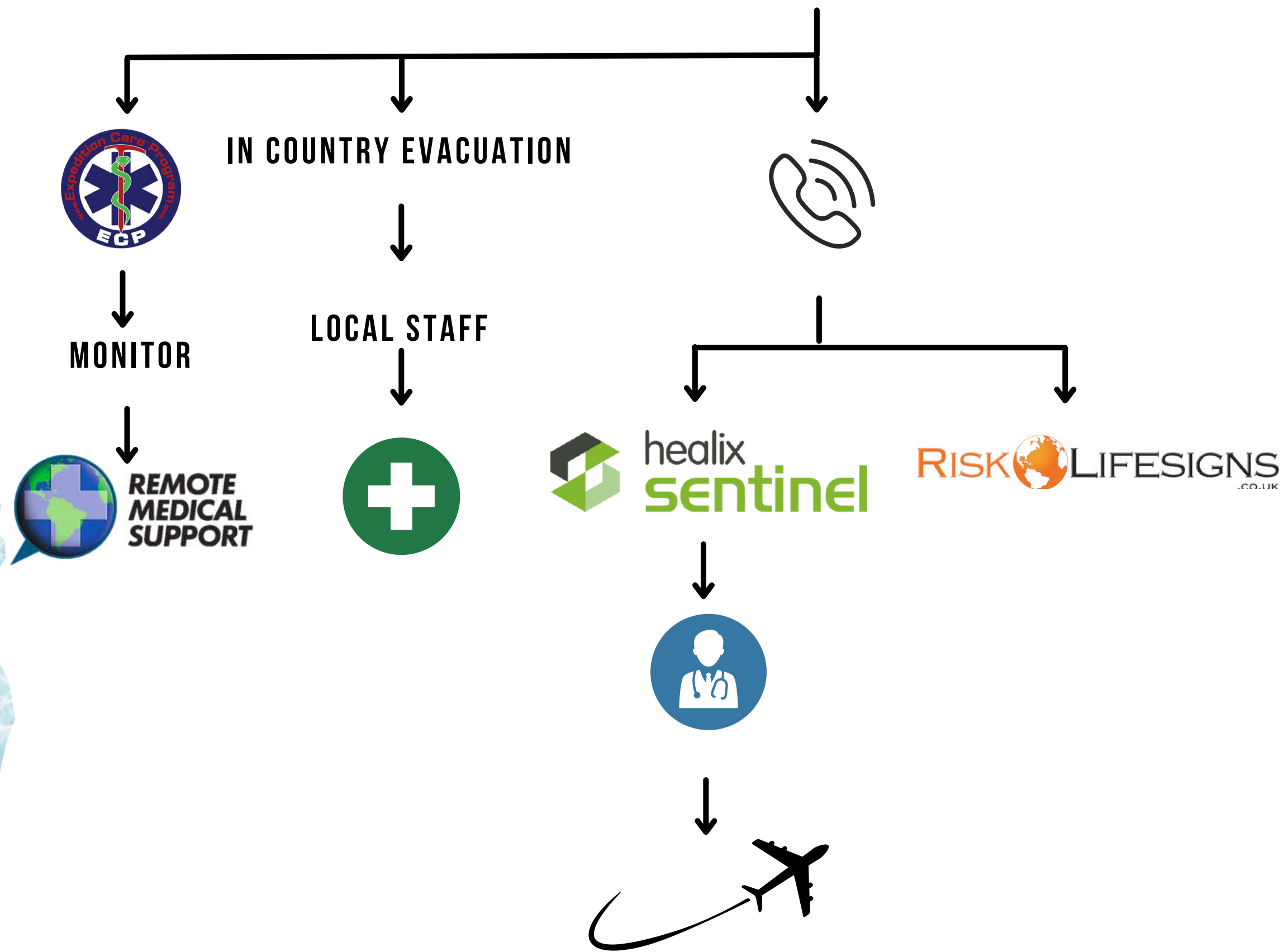


REMOTE
MEDICAL
SUPPORT

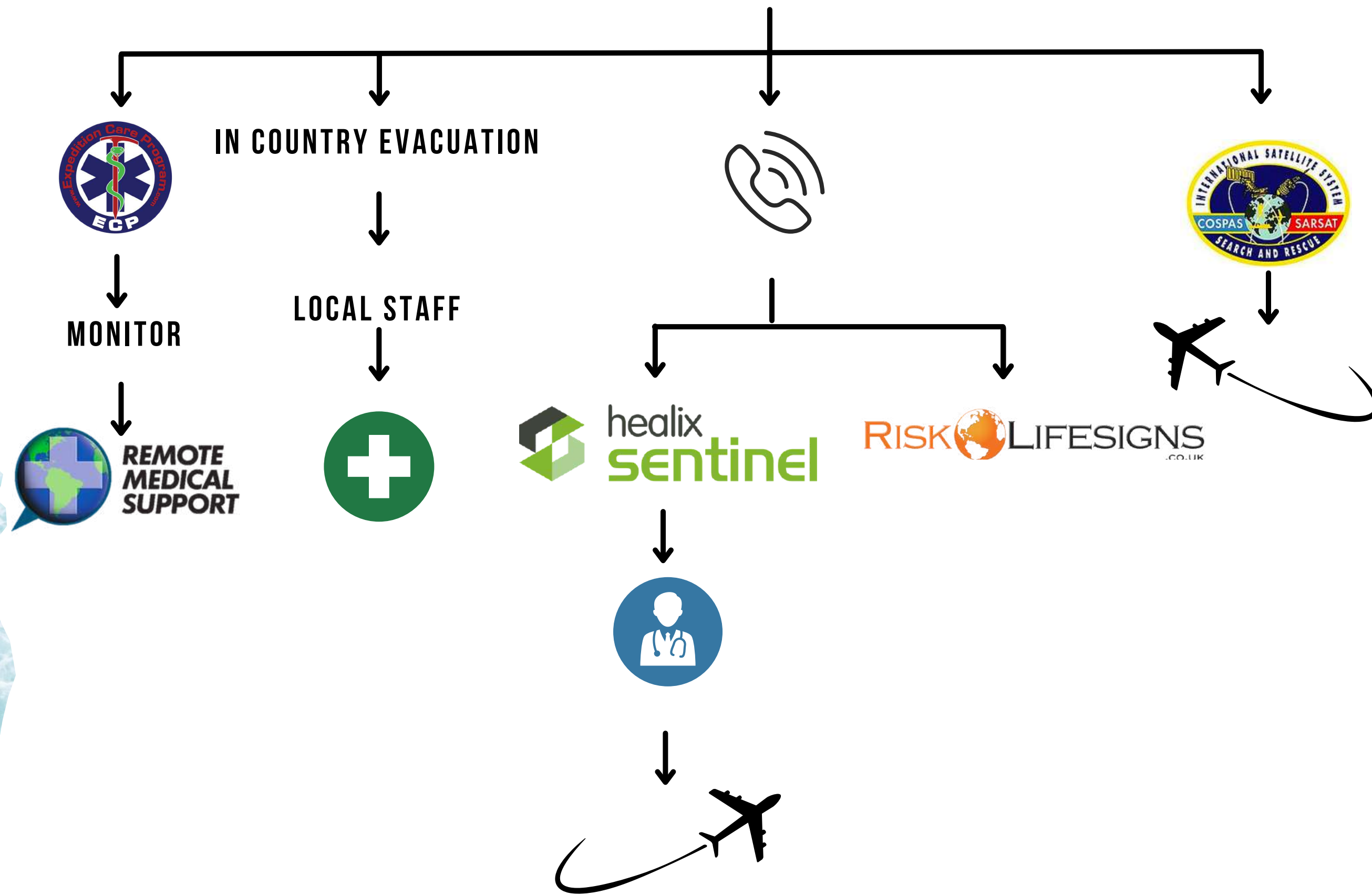
LEADERSHIP TEAM



LEADERSHIP TEAM



LEADERSHIP TEAM



EXPEDITION COST

£2,970

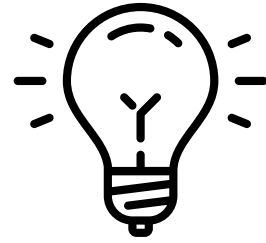
99 WEEKS - £30

Saturday job £5 x 8hrs = £40

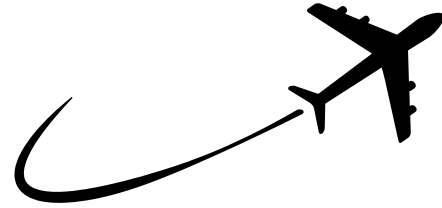
£40 x 99 weeks = £3,960

Covers expedition costs & more!

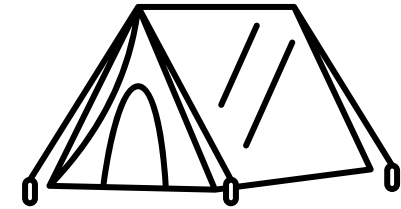
WHAT'S INCLUDED



All pre-expedition training & advice



All flight & in-country costs



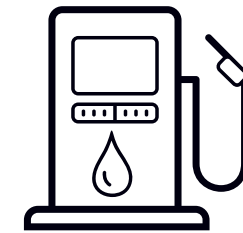
All group equipment



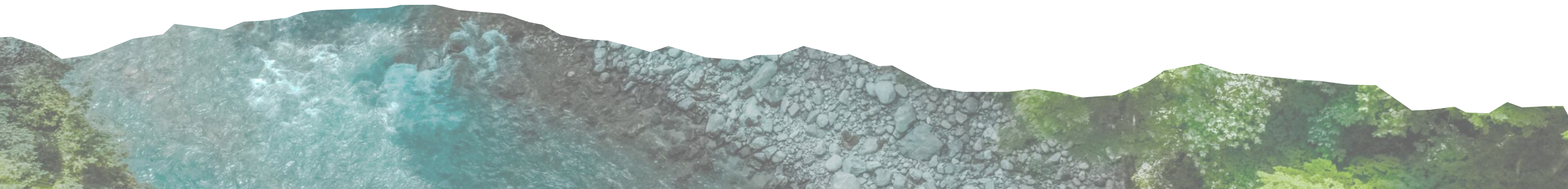
24/7 operational backup



Comprehensive insurance package



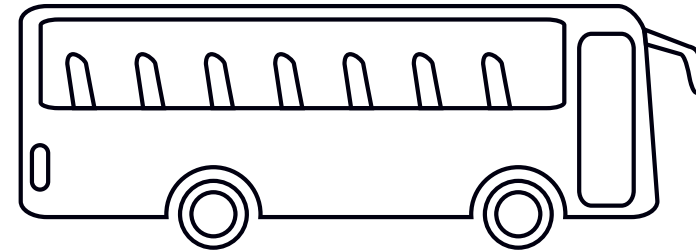
Government imposed fuel surcharges



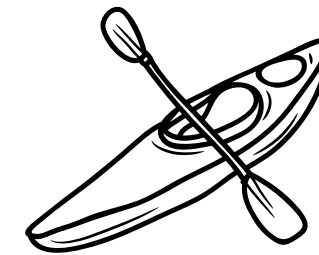
WHAT'S NOT INCLUDED



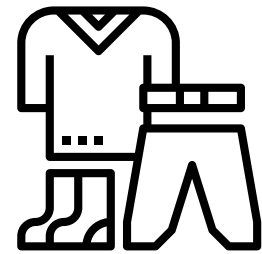
Visas



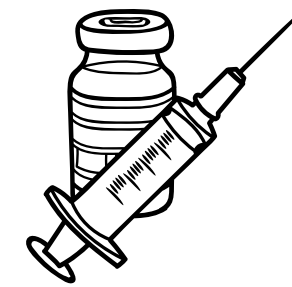
UK transport



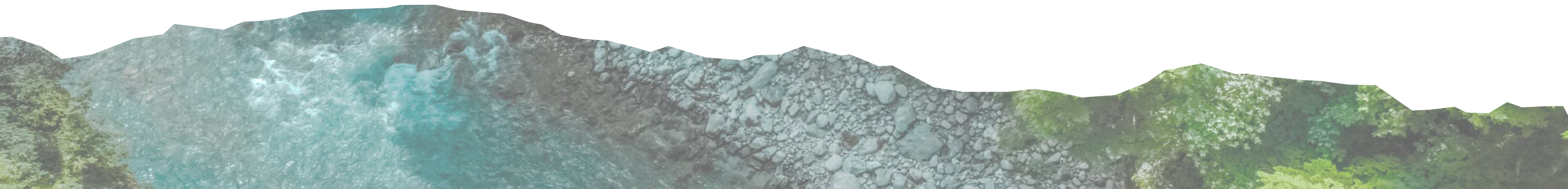
Additional recovery phase activities

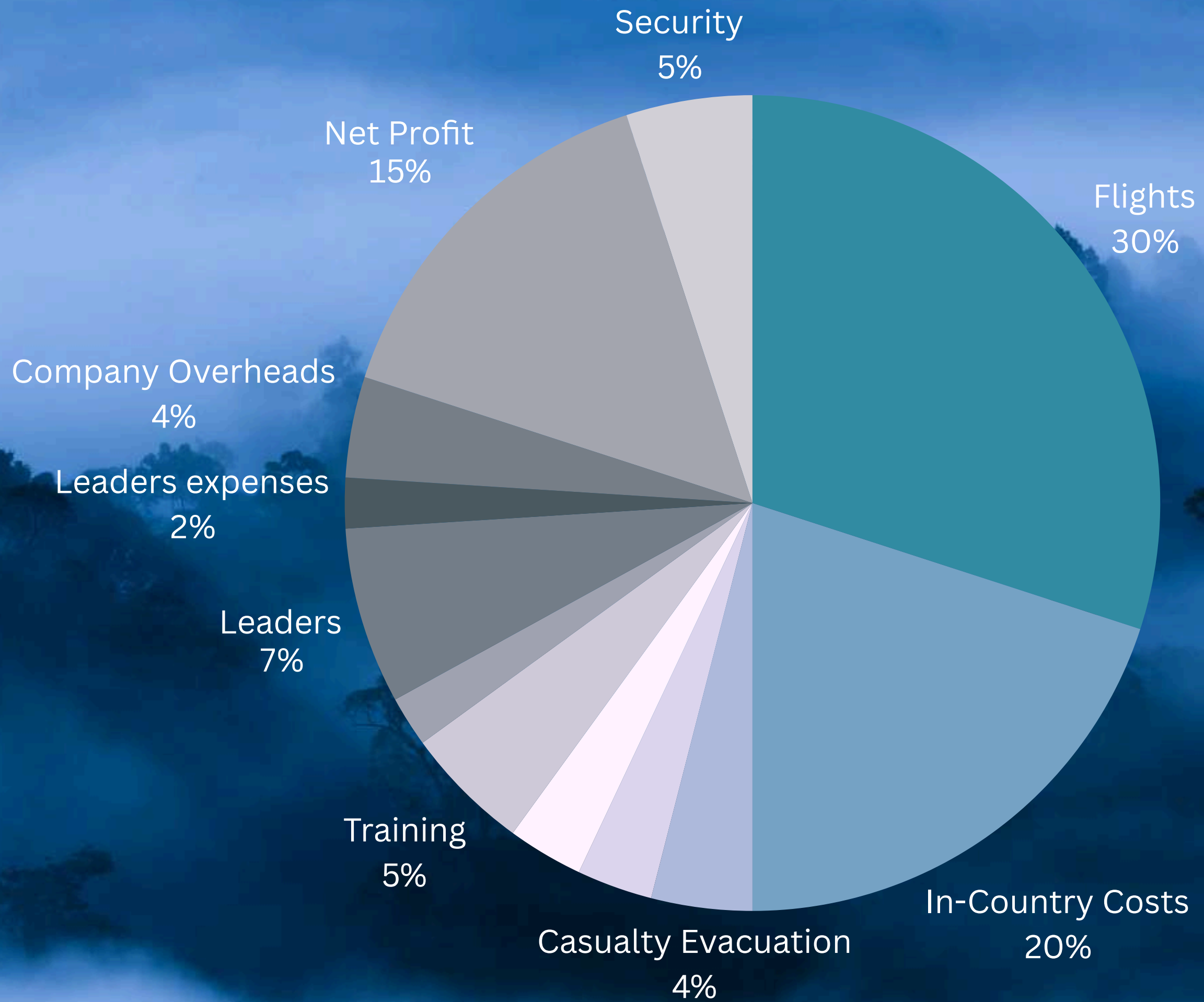


Personal clothing & equipment



Vaccinations







FINANCIAL PROTECTION

- Volcanic ash insurance
- Personal & public liability
- Medical coverage
- Covid-19 cover
- Curtailment
- Exclusions



We support the 5 freedoms:

- Freedom from hunger & thirst
- Freedom from discomfort
- Freedom from pain, injury or disease
- Freedom from fear & distress
- Freedom to express natural behaviour

We say NO to:

- Elephant riding
- Animal entertainment shows
- Holding/petting animals
- Feeding and washing animals
- Provoking wild animals
- Consuming rare or endangered species
- Purchasing animal products

We say YES to:

- Visiting animals in the wild
- Keeping a respectful distance from animals
- Supporting approved animal conservation and rehabilitation projects

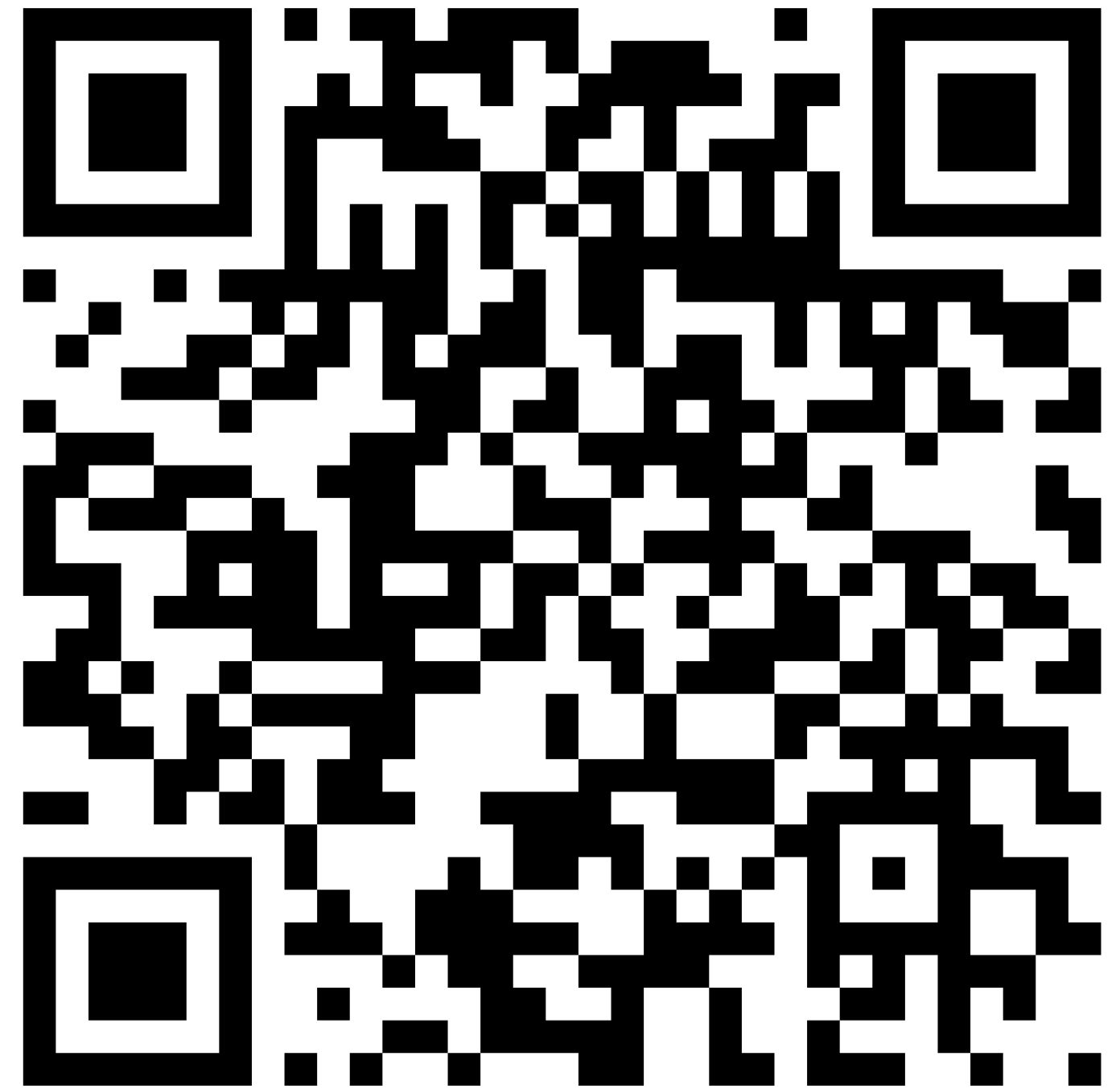








WHAT NEXT?



www.adventurelivesigns.co.uk/carrington2026launch