



# Expedition Leader Training Course

# General Information

The Trekforce Expedition Leader Training Course (TELTC) is a new and unique programme designed to be inclusive of all abilities. It aims to deliver a comprehensive training package that sets the standard expected of a Trekforce Expedition Leader.

The course incorporates current recognised standards in leadership training, such as the Mountain Leadership Course (ML Summer - training). The TELTC also gives much needed training and experience for operating in remote overseas environments. Participants will benefit from Trekforce's extensive knowledge and expertise in working in such conditions and will be closely supervised by experienced Trekforce instructors and expedition leaders.

Duration –

- Approx 2 weeks: UK Based
- Approx 14 weeks: Belize Based

Start Dates:

**2009**

- 15<sup>th</sup> January (Depart Overseas 6<sup>th</sup> Feb)
- 19<sup>th</sup> June (Depart Overseas 11<sup>th</sup> July)

**2010**

- 6<sup>th</sup> February (Depart Overseas 20<sup>th</sup> February)
- 22<sup>nd</sup> May (Depart Overseas 5<sup>th</sup> June)
- 4<sup>th</sup> September (Depart Overseas 18<sup>th</sup> September)

Cost - £5950. This includes food, accommodation, registration and internal transport for the duration as well as the activities specified below.

Upon booking you will be given access to a personal webpage. In here, you will find most of the necessary information, such as kit list, medical suggestions and country information.

## **Application Information:**

Trekforce encourages all those who believe they have what it takes to become a Trekforce expedition leader. Successful graduates may be offered full-time positions with Trekforce depending on performance and availability. Post-course employment is not guaranteed.

## **KEY FEATURES**

- Initial base-line training in the UK followed by specialist training in Belize carried out by the leading provider of jungle expeditions.
- Rescue Emergency Care First Aid course. Meets the requirements of most National Governing bodies including Mountain Leader Training Board, British Canoe Union etc. The certificate is valid for 3 years.
- Development of the skills necessary to put you on the first step to run expeditions for Trekforce and many other expedition providers.
- Learn the legal requirements, best practise issues in the overseas expedition industry.
- Formal 1 to 1 feedback with experienced expedition leaders to ensure you maximise this learning opportunity.
- Mountain Leader Training. A week long course in how to plan and run a Mountain Trek (excludes assessment).
- Survival skills taught by experienced Trekforce staff, typically with military back up.
- Specialist jungle medical training run by British doctors or medics whilst you are in Belize.
- 4X4 Training and experience in our exciting Central American location.
- Opportunity to learn Spanish in Guatemala whilst managing a small group.
- Practical hands on training to develop your leadership skills by helping to manage groups.
- Budgeting, project planning and all round gap year expedition experience.

# Basic Itinerary

Here is a sample basic programme, which is subject to change due to local conditions and inevitable changes.

## UK TRAINING

We aim to cover the following in the UK before your departure

- Mountain Leader Training. Run in North Wales. Includes map reading, basic medical and planning a trek.
- Rescue Emergency Care First Aid course. Meets the requirements of most National Governing bodies including Mountain Leader Training Board, British Canoe Union etc. The certificate is valid for 3 years.
- The role of the Expedition Leader including legislation, best practise, legal requirements and financial issues.
- Expedition Planning including Risk Assessments, Communication plans, Casualty Evacuation Plans.
- Mountain craft including navigation, campcraft, nutrition, fitness and environmental issues.
- Group Management issues including individual management, team management, Reviewing, Communication, presentation and managing conflict.

## BELIZE

- Phase 1 – Basic Jungle Training. Run by our Jungle Warfare Instructors and experienced expedition staff. This is the same basic training as all our groups receive in Belize and covers a range of topics including Jungle Navigation, Machete use, river crossings, basic first aid, Health and Hygiene and finishes with a solo night where individuals camp alone.
- Phase 2 – Jungle Trek. The trek will be led by experienced Expedition Leaders and local guides. The trek will develop your jungle skills so that you can help lead treks later in the programme.
- Phase 3 – Advanced Jungle training. This week will develop the skills you learnt in phases 1 and 2. These sessions will be led by experienced expedition leaders. The main focus will be upon advanced jungle navigation, building shelters, animal traps and advanced river crossings. You will also spend overnight alone in the jungle without your kit in a survival situation.
- Phase 4 – Medical Care Skills Development. This week will develop the skills you learnt in the UK. Expedition leaders typically are not medically trained as

Expedition Doctors provide this service. However it is important that you know the basics. You will be trained by British Doctors with the emphasis on Far from help care and Tropical diseases. This week will also include the various communication methods, Search and Rescue and Casualty Evacuations. There will also be a number of practise scenarios during this week.

- Phase 5 – Trek Management. This will be working with your team and various Instructors to help develop your skills and knowledge in this area and compound all the elements taught so far. Instructors may create various scenarios for Trainees to tackle under observation

From Phase 5 onwards the programme becomes more fluid, as you will tend to operate in pairs. Also due to the nature of expeditions, unplanned changes may occur. Therefore the programme will be different for each person. For example;

- Guatemala. Go with the main group to Guatemala to manage their stay. You will have the opportunity to have one to one Spanish classes during this period.
- Research Projects. During period you may work in Belize to identify potential new treks and new in-country partners. You will be shown how to network, arrange meetings, give presentations and negotiate mutually beneficial projects in the future.
- Expedition Preparation. During this period you may prepare for the new groups arrival. This will include budgeting, planning, rations, communications plans, casevac plans, budgets etc.
- Managing Groups (JT). During this week you may meet the new group arriving in Belize and help run sessions for their Jungle Training.
- Leading Experience. During this period you will take over running certain aspects of the Trekforce programme and will be heavily involved in managing the main group. This will involve helping run the trek, managing the project etc.
- All courses include: Review, Rest & Relaxation. During this final week you will receive final feedback while recuperating on our island in the Caribbean Sea. Here you will also be able to experience PADI Discover Scuba sessions and top up your tan before flying home. A chance to unwind and review what you have achieved.

**NOTE:** Due to the nature of the work, the location and conditions in which the course is run the details described above should be regarded as a general indicator of the intended timeframe. Elements may change in content and duration depending circumstances encountered. A key skill for an Expedition Leader is to be able to adapt to changing situations and adapt, modify and improvise as necessary. These qualities will be part of your assessment.

### LOG BOOK

On graduation you will receive your Trekforce Expedition Leader Training Log Book. This includes your assessments and qualifications.

## NEXT STEP: JOBS

This course is designed to provide you with the hard and soft skills to create a good foundation to a career in expedition leading. Most good organisations will undertake additional role specific training prior to you assisting in leading an expedition.

Trekforce look to offer the best graduates of this course employment opportunities. On completing this course you may then undergo additional in-country training or Assistant Leading, before you are able to lead your first Trekforce Expedition. Trekforce Leadership positions are typically all paid including flights and living cost, however full details will be provided to any graduate selected.