



# Raleigh International

## Raleigh Expedition UK

Unforgettable experiences and  
leadership development for younger  
adventurers.





<b><u>Introduction</u></b>	<b>03</b>
<b><u>About Raleigh</u></b>	<b>04</b>
<b><u>Welcome to Devon</u></b>	<b>05</b>
<b><u>Phase One: Adventure Leadership Sail</u></b>	<b>06</b>
<b><u>Phase Two: Environmental Project</u></b>	<b>07</b>
<b><u>Life at Fieldbase</u></b>	<b>08</b>
<b><u>Educational Outcomes</u></b>	<b>09</b>
<b><u>Itinerary</u></b>	<b>10-12</b>
<b><u>Good to know</u></b>	<b>13</b>
<b><u>Get in touch</u></b>	<b>14</b>





# Introduction

Join the Raleigh Expedition UK for **14- 15-year-olds**, where we've crafted an unforgettable adventure that's all about unlocking your potential and having a blast! Get ready to **embark on an epic journey where you'll acquire life-changing skills** that are not only practical but also super fun. The best part? You don't need any prior sailing experience – just your **enthusiasm and a thirst for adventure!**

**Your trip will be made up of two phases and hundreds of memories.**

**Adventure Leadership Phase:** Embark on a thrilling 6-night sailing adventure, fostering leadership skills, teamwork, and resilience while sailing beautiful waters. All volunteers have the opportunity to receive a 'Competent Crew certificate'.

**Environmental project:** Engage in a 3-day hands-on project immersed in nature, including clearing up plastic pollution on less accessible shorelines using kayaks made of recycled fishing nets.

**Fun and memories to last a lifetime:** You are in for a lot of fun, whether it's wild swimming with new friends or enjoying an evening archery session followed by roasting marshmallows around the campfire - prepare to make friends for life.

## Safe and structured experience

We have over 40 years of experience in delivering safe programmes. We focus on prevention to minimise risks, but we're also readily prepared to respond when incidents happen.

We provide a carefully supervised and structured experience with qualified instructors and guides. [Read more on safety.](#)

**We are working with two fantastic partner organisations to make this happen – the [Ocean Youth Trust](#) and [Till the Coast is Clear](#) (founded by a Raleigh alumni!).**





# About Raleigh

At Raleigh International we create life-enhancing journeys and transformational experiences for young people through Expeditions, where they can challenge themselves, disconnect from technology and connect with people and nature – all whilst making a long-lasting impact.

On our programmes young people are supported to gain independence and have new experiences to forge their own paths. We know that when provided with the knowledge, skills, and networks, young people can lead the way in building a better world for everyone.

## A Brief History of Raleigh

**1978: Operation Drake** was founded. A round-the-world voyage with the participation of young people from many countries, sailing in the brigantine Eye of the Wind.

**1984: Operation Drake evolved into Operation Raleigh**, a trailblazing programme providing the space for young people to volunteer on projects worldwide.

**1992: Operation Raleigh became Raleigh International.** Thousands more young people volunteered to create sustainable change, contributing towards the UN's Global Goals for Sustainable Development.

**This new Expedition is not just a return to our origins; it is also a pioneering first.** It is the first Raleigh Expedition for the world's younger adventurers, with participants aged 14 and 15 joining our ranks. As we set sail again, we are blazing new trails, sharing the thrill of exploration with the next generation.

### Did you know?

- Raleigh has over 55,000 alumni from 100 different countries.
- Alumni include: Tim Peake, Ray Mears, Prince William and Princess Kate.
- We have delivered over 600 Expeditions.
- Raleigh has operated in over 50 countries, including Tanzania, Borneo, Nepal and India.



# Welcome to Devon!

## About Devon

You will find the glorious county of Devon lying in the heart of South West England, bordered by Dorset, Somerset and Cornwall.

Devon is a very rural county made up of hilly landscapes, coastal cliffs and sandy shores. There are two National Parks in Devon, one being Dartmoor, the largest open space in Southern England.

Phase one will start in Brixham Harbour, located on the southern side of Tor Bay and boasts one of the largest fishing fleets in the UK.

For Phase two, you will be staying in South Hams, Devon and volunteering in Kingsbridge.

## Did you know?

- Devon's name comes from the word Dumnonia, as it was once home to the Dumnonni Celts during the British Iron Age and Roman Britain, and is thought to mean 'deep valley dwellers'.
- 65% of Devon's coastline is recognised as Heritage Coast.
- The coastal town of Exmouth marks the western end of the Jurassic Coast, a section of coastline known for its impressive landforms and discovery of fossils.

## Good to know...

- The nearest airport to Devon is Exeter (EXT) Airport.
- The nearest large train station is Exeter St.Davids.







## PHASE 1

# Adventure Leadership Sail

A voyage on board the Prolific is a fantastic opportunity to learn new skills, face new challenges, overcome fears and achieve things you didn't think you would be able to do.

We are partnering with the fantastic Ocean Youth Trust for the first phase of the Expedition.

### **All hands on deck!**

Whether or not you have ever sailed before, if you join a voyage on the Prolific you will be treated as a valuable member of the crew right from the start, and you will be actively involved in every aspect of sailing the boat. That means hoisting and lowering sails, steering, getting involved with navigation, anchoring, cooking and keeping watch (including night sailing).

**Qualified watch leaders are always around to show you what to do and answer any questions.**

Along with other crew members, you will also be involved in discussions about what we do and where we go. Prolific's sea staff will always try and explain things, and make sure everyone understands what they are being asked to do and why.

At sea, when you are not on duty, there is time to relax, chat, listen to music, read or play games – as well as time to sleep!

[See more info on the itinerary.](#)

### **Meals**

Whether you're sailing or not, the boat's daily routines continue. Each meal is normally cooked by two crew members (you), with the help of one of the sea staff.

Don't panic if you can't imagine yourself cooking a meal for 18 people – it's a great way to learn!

**Everyone who plays their part in the voyage gets a Voyage Certificate from Ocean Youth Trust South, which details what you did, where the boat went, and how many miles you sailed during your voyage.**





## PHASE 2

# Environmental Project

For the second phase of your Expedition, we are excited to be working with Till the Coast is Clear set up and run by a Raleigh Alumni!

*"I was staff on a Chile exped about 20 years ago! It was fantastic & actually had a significant influence on what I do now."* Gary, Founder of Till The Coast is Clear

Till the Coast is Clear is a Community Interest Company striving to make the world a better place, one piece of plastic and one happy soul at a time.

You will be regenerating places and people by clearing shorelines of plastic pollution using special recyclable boats and a fleet of kayaks made from recycled fishing nets.

Improving the condition of our natural environment and connecting people to the great outdoors for improved physical and mental health is what Till the Coast is Clear calls 'Active Regeneration' and it works.

The scale of the challenges that face us all are daunting. Working together and getting stuck in is the only solution. **So, let's get cracking, there is lots to be done!**

You will be taking part in activities including seashore and coastal clearing, foraging and kayaking.

### Key elements

- Developing a deep understanding of the impact of plastic pollution on coastal ecosystems and wildlife.
- Developing a sense of personal responsibility for maintaining a clean and healthy environment.
- Understanding the importance of coastal cleanups for the protection of wildlife and habitats.
- Adventurous walks and scrambling activities contribute to physical fitness and positive mental health.
- Discussions about circular thinking and practices promote awareness of sustainability and responsible resource use.

[See itinerary.](#)





## PHASE 2

# Life at Fieldbase

### Accommodation

Forest & Beach is an independent outdoor learning centre based in beautiful Beeson, South Devon, one mile from the stunning beach at Beesands. This will be your fieldbase for Phase Two.

You will be camping in canvas tents. Other facilities include:

- eco-barn powered by wind turbine and solar panels
- compost loos
- solar powered showers
- private woodland

### Meals

- Breakfast: variety, from pancakes to bacon butty's but will always include cereal and fruit.
- Lunch: Packed lunch is all laid out on a table, and then the volunteers come and prepare what they would like for their lunch.
- Dinner: from local burgers and burritos to pizza and curry.

Meals are cooked outside on the fire cage.







# Benefits

Through a Raleigh Expedition, volunteers gain new knowledge and unique experiences. These help young people develop character and invaluable life skills.

## Community engagement and impact

The Expedition will instil a sense of social responsibility, helping young individuals become agents of positive change in their own communities.

## Personal growth and skill development

Participants will develop crucial life skills such as **confidence**, **problem-solving**, **communication**, and **adaptability**, preparing them for future challenges.

Engaging in a diverse range of activities they will broaden their horizons and gain a deeper understanding of environmental issues.

- **Leadership:** Volunteers take the lead on the success of their Expedition.
- **Inter-personal skills:** Volunteers will need to work with their peers, staff, partners, local community members.
- **Self-awareness:** Throughout the programme, volunteers will be encouraged to identify their strengths and weaknesses and how they can positively contribute to the team.

**Resilience:** Volunteers will be challenged by being away from home comforts, technology and immersing themselves in a different environment.

## **Other benefits**

- Team work
- Tolerance and understanding of other people
- Improved mental wellbeing
- Developing initiative and taking responsibility
- Succeeding with things you initially find daunting
- Essential life skills – such as cooking
- Coping with unfamiliar situations

“

“It forces you to step out of your comfort zone and develop as an individual, and your abilities to communicate and compromise.”

**Faith, Expedition volunteer**





# Itinerary Overview

PHASE ONE: ADVENTURE LEADERSHIP SAIL ON THE PROLIFIC	
<p>Day 1: Saturday 20th July</p> <p>Arrive at Brixham Harbour by <b>14:00</b> where the Ocean Youth Trust Team and a Raleigh member of Staff will greet you.</p>	<ul style="list-style-type: none"> <li>You'll <b>find your bunk</b> and somewhere to stow your gear, and you'll meet the other crew members.</li> <li>Next comes the <b>skipper's introductory chat</b>. This is designed to make you feel at home on board Prolific, and to tell you some of the basics about living on board. The key thing is to encourage you to make the most of the voyage: whatever energy and enthusiasm you put in, the sea staff will match and beat it.</li> <li>Then you'll be <b>divided into teams, or watches</b>, with one of the staff as your watchleader. You'll be shown around the boat below deck, and given your waterproof gear, lifejacket and safety harness. You'll learn how they work and how to fit them, and there will be a safety briefing.</li> <li>We will get to know each other with some <b>classic Raleigh ice-breakers!</b></li> <li>We'll all get together to talk about where we want to go, given the weather, the tide and the strength of the crew. We might go further along the English coast, or perhaps we'll be able to sail to France or the Channel Islands.</li> </ul>
<p>The fun begins!</p>	<ul style="list-style-type: none"> <li>When you're ready to sail, one watch will take charge of the boat and the others will be off duty for a few hours. The watch on deck will be steering, adjusting sails, keeping lookout, and helping with navigation. The crew might keep sailing through the night, which can be an amazing experience under clear starry skies, with each watch taking their turn while the others sleep.</li> <li>When you visit a harbour during the voyage, we'll aim to give everyone chance to go ashore, look around or buy souvenirs.</li> </ul>
<p>Day 7: Friday 26th July</p> <p>10:00am End of Phase one</p>	<ul style="list-style-type: none"> <li>By the end of the trip, you should be confidently playing your part in the team, helping to sail the boat.</li> <li>You may well have done at least one thing you never thought you'd be able to do; you could have earned a recognised sailing qualification – and you'll probably have made several good friends.</li> </ul>





# Itinerary Overview cont.

## CHANGEOVER: ANCHORING THE JOURNEY: FROM SAILING TO LAND EXPLORATION

Day 7 continued

- For the next phase of your Expedition, **your fieldbase will be the Forest and Beach nature residential** based in the beautiful South Hams, Devon.
- You will be picked up from the harbour on a bus, your Raleigh leader will be with you and there will be an additional Raleigh leader to meet you.
- Once you arrive at fieldbase, you will have time to **relax set up camp and reflect** on your incredible voyage on the Prolific.
  - Allocate tents and get set-up
  - Admin - washing any clothes and prepare for the days ahead
  - Celebration of successfully completing Phase One and hopes for the final phase
- On Friday night, we will take a **walk to Beesands beach for our evening meal**. There will be time for beach exploration, paddling (if weather permits) and time to explore the beach!

## PHASE TWO: ENVIRONMENTAL PROJECT: PLASTIC POLLUTION

Day 8: Saturday  
27th July

**10 -3pm: Coast Cleaning Adventure:** An adventurous walk / scramble around a section of South Devon coast where it is likely we will encounter significant amounts of plastic pollution.

You will spend the day on the coast immersed in nature recovering what you can to help keep it free of hazards for wildlife - we will stop for lunch and potentially a wild swim!

3pm onwards:

- Travel back to fieldbase and chill time and activities
- Dinner
- Evening activity: Archery and Forest School session in the woods



# Itinerary Overview cont.

Day 9: Sunday 28th July	<p><b>10 -3pm:Seashore and Coastal Foraging:</b> A really empowering experience delivered by an expert, focused on seaweeds and easily identifiable hedgerow greens, with elements of bushcraft and opportunities to try cooked and prepared foraged foods in a spectacular coastal environment.</p> <p>3pm onwards:</p> <ul style="list-style-type: none"> <li>• Travel back to fieldbase and chill time and activities</li> <li>• Dinner</li> <li>• Evening activity</li> </ul>
Day 10: Monday 29th July	<p><b>10 -3pm:Cicular Kayaking Adventure:</b> Using Till the Coast is Clear's double kayaks made from recycled fishing nets &amp; post consumer waste the team will paddle down a beautiful estuary learning about the local ecology as they go before completing the circular journey with a hike back to the starting point.</p> <p>There will be lunch/snack stops and good opportunities for discussion about circular thinking and practices including a shoreline clean up.</p> <p>3pm onwards:</p> <ul style="list-style-type: none"> <li>• Travel back to fieldbase and chill time and activities</li> <li>• Dinner</li> </ul>
<b>EXPEDITION WRAP UP</b>	
Day 10 continued	<ul style="list-style-type: none"> <li>• End of Expedition celebrations.</li> <li>• We will enjoy an evening together reflecting on your Expedition achievements, have a celebration award ceremony followed by our final walk and paddle on the beach.</li> </ul>
Day 11: Tuesday 30th July  <b>10am Pick Up</b>  EndEx (End of Expedition)	<ul style="list-style-type: none"> <li>• You will have a final breakfast with your teammates.</li> <li>• You will either be picked up from fieldbase or if you require we can help arrange to take you to the nearest station (Totnes)</li> </ul>





# Good to know

We will support you all the way!

## Pick up and drop off:

- Drop off 14:00 20th July 2024, Brixham Harbour, Devon
- Pick up 10:00 30th July 2024, Forest and Beach Fieldbase

## What's included?

The price is £1,850 and includes all pre-departure support and everything whilst on the Expedition (food, accommodation, transport qualified staff, Raleigh t-shirt, unlimited memories made and skills developed!).

## We have a dedicated volunteer journey team.

Our Volunteer Coordinators will provide you with all the information you need to prepare for your Expedition including your kit list and travel information. We will also provide information for parents and guardians in the form of a recorded webinar, online information and you can reach us via e-mail and phone.

When you book, you will be assigned a Volunteer Coordinator and be given all the support and information you need.

## No phones on Expedition

Part of our mission at Raleigh International is to empower young people to become proactive global citizens who can confidently navigate the challenges of the world.

We understand the natural instinct of parents and guardians to be in constant communication with their young volunteers. However, we see this period of detachment as an essential part of the learning experience.

### Benefits include:

- Being present in the moment
- Independent decision making
- Taking responsibility for choices and actions
- Builds resilience
- Develop skills needed to face uncertainty with confidence
- Improved mental health
- Stronger connections and communication skills

## Code of Conduct

We expect all our staff and volunteers to uphold high standards of behaviour and attitude. In order to support the safe and positive delivery of our programmes, we ask all volunteers to sign up to our Code of Conduct. Anyone who fails to abide by it may be asked to leave the programme.



A photograph of three young people on a sailboat, overlaid with a green tint. The person in the foreground is a young man with dark hair, smiling and looking towards the camera. Behind him to the left is a young woman with dark hair, looking slightly away from the camera. Behind him to the right is a young man wearing sunglasses and a cap, looking towards the camera. They are all wearing sailing jackets and gear. The background shows the boat's deck and rigging.

# Raleigh International

If you still have questions, there are lots of ways you can find out more:

[info@raleighinternational.org](mailto:info@raleighinternational.org)

[www.raleighinternational.org/chat-with-raleigh-international](http://www.raleighinternational.org/chat-with-raleigh-international)

[+44 333 1886 732](tel:+443331886732)