

No-Nonsense Guide to Raleigh Expeditions – Venturer Managers

10 things to know about our Expeditions

We're so excited that you want to join us as a Venturer Manager on a Raleigh International Expedition! Below you will find some essential information about our Expeditions so you can best prepare yourself.

Life on a Raleigh Expedition is back to basics. It's challenging, tiring and will test you mentally and physically. You will experience living in a way which is a world apart from your everyday norm. It isn't easy, but that's the point. Because when you finish a Raleigh experience, you will have achieved something so special that it will change your life.

1. The Adventure Challenge is physically tough

You don't need to be an athlete to conquer the Adventure Challenge, but you do need a certain level of fitness. You will be trekking for long periods, at times navigating steep climbs and untamed terrains. You will work up a sweat, and there won't be a hot shower at the end of each day. But your efforts will take you across incredible and scenic landscapes and help you achieve something you will talk about for years to come, making every blister worth it.

To get ready for the challenge, it is very important to train and prepare - here's some [guidance to help](#).

2. The Expedition is mentally challenging

An Expedition will take you out of your comfort zone in ways you can't fully prepare for. You'll find yourself in completely new environments and may experience some "firsts."

There will be challenges, both emotional as well as physical, and times when you feel tired or uncomfortable. That's all part of the experience.

Throughout it all, the Venturers will be looking to you for guidance. To be able to lead by example and support their personal growth, it's important that you look after your own wellbeing and manage your mental health on Expedition.

While our wider teams are always there to support you, much of the time in your roles, particularly as a Project Coordinator, you'll be away from fieldbase. This means it's vital to check in regularly with your co-Venturer Manager so you can support each other.

You can't prepare for every situation, but you can prepare your mindset. Have a look at this guide on ways to manage your mental health – [click here](#).

3. **Your kit list is essential**

On Expedition, your kit is your lifeline. Having the correct kit can simply make or break your Expedition, so it's important to bring the right gear. It is essential you follow the kit list you have been provided for your destination. It may seem that this kit list is catered for the Venturers, but you will need this same kit too! If there's anything you're unsure about on the list, ask your Venturer Manager Coordinator.

It is very difficult to get the required gear you need once you arrive in country. Everything you need must be brought with you. So don't get caught out in the jungle, rainforest or bush without the right equipment - it could ruin your experience and be very costly for you!

Please pay special attention to ensuring you have everything in your personal first aid kit.

4. **You'll have limited access to phones and zero access to booze**

Raleigh is a phone-free programme. In line with this, we ask that VMs avoid bringing a phone on projects if possible. We recommend Venturer Managers don't take a phone on project. However, if it is necessary, VMs can take their phone with them. If you do, we ask you to follow the guidelines below for your benefit and for the Venturers' experience.

Best Practice:

- Avoid bringing a phone on projects if possible.
- **Do not** use your phone as a camera - bring a separate device if you wish to take photos.
- Keep phone use to a minimum throughout the Expedition.

If you need to use your phone:

- Never use your phone in front of venturers
 - Use your device only inside your tent or in a private location
- Avoid phone calls unless essential. If you must take a call, do so out of sight and earshot of Venturers.
- Do not show photos, look up information, or keep your phone on the table where it is visible.

So to prepare for your phone detox, we recommend: No doom-scrolling. No constant notifications. Instead:

- Bring a digital camera for taking photos
- Load up an MP3 player so you can enjoy your playlist (*note: if you're going to South Africa, no music or headphones allowed – you'll need to listen out for wildlife instead*).
- Bring a journal or book for entertainment, or just be present

Any photos taken on Expedition may be shared in a Google Drive for you upload to your phone after you return home.

Read more about our no phones policy [here](#).

We're Alcohol-Free

Our no-alcohol policy provides a safe and productive environment for our venturers to make a positive impact, learn valuable life skills, and create lasting memories.

Read more [here](#).

5. **You may not do all 3 phases**

As a Project Coordinator, you will be supporting with different lengths of Expedition, including 4, 5, 7 and 10 weeks.

4 weeks - our shortest Expedition, available during summer months only in Costa Rica and South Africa (June-September). Just one phase completing either a Community or Environmental project.

5 weeks - one full phase – Community Project **or** Environmental with a shorter Adventure Challenge.

7 weeks - Two full phases – either the Community **or** Environmental with the Adventure Challenge.

10 weeks - all 3 phases in full.

You can find out more about the different phases by [clicking here](#).

Although we try and have every Project Coordinator taking part in all 3 phases of Expedition (Community, Environment, and Adventure Challenge), you should be open-minded about which projects you will be joining, as being on all 3 phases cannot be guaranteed.

6. You'll be reallocated to new groups between project phases

You are unlikely to be with the same group of venturers or the same Project Coordinator for the entirety of your Expedition. Every Changeover – the time between each project phase - your groups will be changed.

Group allocation is an essential part of the Expedition experience. Changing groups throughout the program helps manage group dynamics and ensures that Venturers have the opportunity to connect with a diverse range of peers. This approach allows participants to meet Venturers from different nationalities, backgrounds, and personalities - broadening their perspectives and fostering new friendships.

As a Venturer Manager, this means you will work with and support a wide variety of young people, helping to maximise their experience while also expanding your own impact.

7. You will need to think on your feet

Expeditions are carefully structured and organised, with safety always the top priority. Managing large groups (especially in the remote locations you'll be travelling to) requires detailed planning, logistics, and risk assessments.

That being said, no matter how thorough the plans, some factors will always be outside our control. In these moments, your ability to adapt and think on your feet becomes essential. You may need to create alternative activities or find new ways to keep project work moving forward, ensuring that the group of venturers remains safe, engaged, and motivated.

8. The accommodation, facilities, and food are basic

You'll be living and working in remote communities, where facilities will be very different to those in urban settings.

Accommodation and facilities will be basic, for example:

- You will be sleeping in tents, in community buildings or similar on your own roll mat & using your sleeping bag.
- You will be sharing accommodation.
- Depending on your location and country, your toilets may be squat toilets.
- Showers (if available) will be cold.
- There are no fridges, so ingredients are preservable. This means lots of tinned food – we know them as 'Raleigh Rations'. These are nutritious and sustainable, but basic.
- You will cook on gas stoves and Trangias as a team.

Living in this way will help you immerse fully in the environments your life and will teach you to appreciate the smallest of luxuries of life in ways you can't imagine.

9. You will be guiding Venturers through a challenging experience

Expedition gives Venturers the chance to explore new places and meet people from different backgrounds - people who may challenge their perspectives and beliefs. For young people, this is an invaluable opportunity to step outside their comfort zones and grow in confidence.

These experiences can be challenging, and that's why your role is so important. You'll be there to guide and support Venturers as they navigate unfamiliar situations and reflect on what they are learning.

Approaching Expedition with openness and respect is key. By valuing differences and embracing other cultures, you'll not only help Venturers do the same, but also enrich your own experience.

10. **You must be honest with us about your medical history**

Your health and safety is the top priority during your Expedition. So that we can support you fully, it is your responsibility to make Raleigh aware of all medical issues in the *health clearance form* and update us if anything changes. We want to support you on the Expedition and to keep you safe. Failure to provide full information could put your continuation on the programme at risk.

This is the reality of Raleigh. If you're up for the challenge, we'd love to have you. If not - no hard feelings. But come prepared for the adventure of a lifetime.