



Ciao ITALIA

EXPLORER BELT EXPEDITION 2009

Greater London South West



Following the successful GLSW Explorer Belt Expedition to Lithuania in 2006, we are delighted to announce that the next one will be held in Summer 2009, this time to the Tuscany region of Italy. If you will be aged 16 or over, but under 25, at the time of the trip, or are an adult wishing to help out in the Support Team in either the UK or Italy...read on!

(The Training weekend mentioned at the foot of this page is also open to those wishing to hold their own Explorer Belt Expedition, to Italy or elsewhere, or if you want to get a feeling of what it is all about).

<p>What is the Explorer Belt all about?</p> <ul style="list-style-type: none">• You will need to form up in a team of between 3 and 6 people• You will undertake a 10 day trek moving through a mixture of settings, the overall distance being around 100miles.• During that trek you will undertake a number of projects in order to get under-the-skin of this part of Italy – its people, culture, general way of life, history and attitudes.• You will stay in a variety of places – but these are not pre-arranged by the Support Team – it will be up to you.• Keep a log of your experiences <p>At the end, you will undertake a debriefing and need to make a presentation in your local area which needs to be arranged before you go. Teams who have excelled you will be awarded with the coveted Explorer Belt</p>	<p>What is the cost?</p> <p>This will be kept to under £490 and include the following:</p> <ul style="list-style-type: none">• Return flights from London Gatwick• Allowance for each day of the Expedition (food/camp fees/fuel) – for which you will need to account for in your log• Camp fees and food outside of the expedition time• Travel insurance• Maps• Explorer Belt, if successful. <p>You will need to have your own hike tent, sleeping bag, rucksack, boots, cooker and all the usual things associated with undertaking a trek. You will need to pay for guidebooks.</p>
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For further information see the sheet 'Ciao Italia – Questions and answers'

Interested? We will be holding a Training Weekend in February 2009. To get on the mailing list, or for further details, contact

Alex Minajew, Email alexminajew@lineone.net Telephone 0208 657 0210.



Ciao Italia – Questions and answers

I can't find enough people to make up a team, can you help?

It is important that you find enough people locally since there will be planning and training that you will need to undertake. We can put a notice out to people in a similar position but it is up to you to form up in to a workable team.

Covering 100 miles in 10 days sounds challenging. What level of fitness do I need to have?

As you will average 10 miles a day, a reasonable level of fitness is required. Some hiking practise with your team prior to going is highly recommended. You can use the Explorer Belt for your Queens Scout Award for both Expedition and International.

I can't speak Italian, is that a problem?

Apart from a phrasebook (which you'll need to buy) you are on your own. However, many people have completed the Explorer Belt in countries where they are unable to speak the language and this is part of the fun and challenge.

What will the Support Team be doing whilst we are on the Expedition?

Basically, the Support Team will be there for emergencies and receiving occasional check-up messages from you. However, they will not be there to help you with things like finding you places to stay, shopping and other routine bits. After the Expedition they will conduct the debriefing, the initial presentation of the Explorer Belt and will help with some transport to the site seeing bits near to where we are staying.

Is it possible to only gain the certificate and not the Belt?

Yes. Merely undertaking a 10 day hike is not what the Explorer Belt is all about. There will be projects to complete, some compulsory, a selection of optional and some of your own. You will be busy, but, you will gain an in-sight to Italy that can't usually be gained from guide books, the internet or typical holiday. You will be there to explore!!

Can you be more precise about the dates of the Expedition?

We will depart mid/late July for 14 days. The exact dates will be subject to the availability of flights.

Payment schedule

We will require £150 non-refundable deposit in March 2009 in order to secure flight bookings, the remainder being payable by the end of April 2009.