



# PARMITER'S SCHOOL

FOUNDED 1681

Headmaster: Mr M Jones BA MEd

12<sup>th</sup> June 2019

Dear Parent/Carer

## **TRUE ADVENTURE EXPEDITIONS TO CAMBODIA & TANZANIA FINAL DEPARTURE ARRANGEMENTS w/c 15<sup>TH</sup> JULY 2019**

As we approach the final weeks before our True Adventure Expeditions to Cambodia and Tanzania, I am writing to confirm the details of the final departure arrangements for our teams.

The expedition teams will be departing on two separate dates; **The Tanzania Team & Cambodia Team B will be departing on Wednesday 17<sup>th</sup> July 2019 and Cambodia Teams A & C will be departing on Friday 19<sup>th</sup> July 2019.** All students should be fully aware of which team they are in, but if you are unsure you can check your team and departure date on the itinerary page of the True Adventure portal (<https://www.true-adventure.co.uk/portal/login>).

Prior to the departure dates, students should ensure they have all the kit they need and that they have obtained visas, vaccinations and antimalarial medication as advised. Further information in this regard can also be found on the True Adventure portal. Students should also be building up their fitness for the expedition, both the trek and project work will be extremely physically demanding, so please make sure you are prepared!

**On the day before their departure, all students should attend school for 12pm** with all their kit packed into their rucksack and daysack and should meet in the school function room (upstairs in the sports centre) with their expedition leaders. We will spend the afternoon of the pre-departure day checking students have all the necessary equipment, going through final medical checks, discussing the expedition itinerary and making the final arrangements for departure as a team. The pre-departure checks will be finished by 3pm at which point students can return home for their last night in the UK!

On their day of departure, all teams will be meeting at Heathrow Terminal 2 in plenty of time to check-in for their outbound flight. **The Tanzania Team & Cambodia Team B will meet at 8am on Wednesday 17<sup>th</sup> July; Cambodia Teams A & C will meet at 6am on Friday 19<sup>th</sup> July.** From this point onward, teams will be following the itinerary outlined in the documents on the True Adventure portal. Students will be given a meeting place for their team and a contact phone number to call in case of any issues on the morning of departure by their expedition leaders on the pre-departure day.

On the day of return (Thur 8<sup>th</sup> August for Tanzania & Cambodia B / Sat 10<sup>th</sup> August for Cambodia A & C), the team's return flights will be landing at Heathrow Terminal 2. The Tanzania Team flight is scheduled to land at 2.50pm; all of the Cambodia team flights are scheduled to land at 5.55am. As it will be the middle of the summer holiday and school will be closed, transport home from Heathrow will not be provided. **Please ensure that arrangements have been made for your son/daughter to be collected from Heathrow on arrival back in the UK.**

I would also like to remind all students that mobile phones should not be taken on expedition and all parents that no news is good news! If we do need to contact home (or home needs to contact us) this can be done through the communication channels set up by True Adventure. We have also set up Instagram accounts for each team, which parents can follow, where the students will be able to share updates of their activities whilst on expedition when possible (however please be aware updates may be intermittent if internet access is limited during parts of the trip), the accounts for each team are as follows:

<b>Team</b>	<b>Instagram Username</b>	<b>Direct Links</b>
Tanzania	parmiterstanania	<a href="https://www.instagram.com/parmiterstanania/">https://www.instagram.com/parmiterstanania/</a>
Cambodia A	parmiterscambodia_a	<a href="https://www.instagram.com/parmiterscambodia_a/">https://www.instagram.com/parmiterscambodia_a/</a>
Cambodia B	parmiterscambodia_b	<a href="https://www.instagram.com/parmiterscambodia_b/">https://www.instagram.com/parmiterscambodia_b/</a>
Cambodia C	parmiterscambodia_c	<a href="https://www.instagram.com/parmiterscambodia_c/">https://www.instagram.com/parmiterscambodia_c/</a>

If anyone does still have any outstanding questions about the expeditions, please do not hesitate to contact me at [b.cummings@parmiters.herts.sch.uk](mailto:b.cummings@parmiters.herts.sch.uk), or True Adventure at [info@true-adventure.co.uk](mailto:info@true-adventure.co.uk).

Finally, congratulations to all of the students for making it this far. Your efforts in fundraising for the trip have been outstanding and I am sure you will all thoroughly enjoy seeing how we use these funds to help the Better Lives communities in Cambodia and Tanzania. Better Lives would also like to pass on their thanks for your amazing support.

Yours sincerely



Mr B Cummings,  
Expedition Organiser