

amdg

Dear A Block FAR and WIDERS

I thought it might be appropriate for me to write to each of you and give you some insight into your FAR and WIDE Leadership Experience, expectations, goals and some advice.

FAR and WIDE LEADERSHIP PROGRAMMES OFFER EVERYTHING FROM WHITE-WATER RAFTING TO WILDERNESS HIKING EXPEDITIONS. BUT DO THEY REALLY TRAIN LEADERS? If you are a real leader EVERYTHING trains you. So anything that takes you out of your comfort zone, gets you to explore challenging new situations, to open up mentally and emotionally to communicate in expanded ways, anything that brings you together with others in partnership and collaboration ... this all trains you to lead. Leaders 'suck the marrow' from every opportunity and stimulus and will frequently come back transformed. These opportunities don't train leaders, they help leaders to train themselves.

From my point of view I would like the week to be a celebration as well as an enjoyable albeit challenging learning experience that equips you with some real leadership skills that will enable you to lead the school in your senior year both confidently and competently. I have structured the programme to be challenging, physically, emotionally, intellectually and hopefully spiritually but also enjoyable.

There are in effect two parts to the programme. Far and Wide and the Turaco Trail. You will be divided into different groups for each.

### **Safety and Responsibility**

You will be given activity specific safety briefings before each activity. However being a leadership programme you are expected to behave responsibly at all times, to look after yourself and your team mates. **Get with a buddy and know at all times where your buddy is.**

A lot of safety has to do with common sense but some specific rules:

- \*Although camping in the same vicinity as other groups is allowed. No girls may enter boys' cabins or tents and vice versa.
- \*When in a group, always keep together.
- \*In an emergency stay where you are and sound the emergency whistle.
- \*Protect yourself from the sun by wearing hats, sunscreen.
- \*Drink water often.
- \*Never go near the edge of cliffs or waterfalls to get a better view.
- \*Stand still and back away slowly from all wildlife.
- \*Do not camp near rivers in case of flash floods.
- \*Do not camp on exposed ridges, trees or in the open if there is the chance of lightning. If walking in an exposed area and a storm approaches quickly move to lower ground and wait for the storm to pass before continuing. Walk away from grass fires and smoke.
- \*In misty conditions wait for the mist to clear unless you are certain you are on the right trail.
- \*Stay on the trail at all times. Use the PDF Map app/map to check you are on the right track.
- \*Swimming: Do not swim at night.
- \*Always swim with friends.
- \*Do not dive or jump into rivers even if it looks deep.
- \*If you cannot swim stay well away from the river's edge.
- \*Cross rivers carefully at designated crossing places and never when in flood.
- \*Use stoves with extreme care. Refill fuel only when burner is cold. **Always** completely empty burner when finished cooking and pack it away in plastic bag.

Good luck and remember the more you put in the more you get out.

Bernie

# Amdg Peterhouse A Block FAR and WIDE Leadership Challenge 2016

## The Programme

Divide Group into 3 co-ed teams on arrival.

**Wednesday 16** Arrive FAR and WIDE 1430hrs having had packed lunch from school

	am	pm	night
Group 1		Solo	Solo
Group 2		Confidence Course	Forum
Group 3		P'hse Leadership	Drum

**Friday 17**

	am	pm	night
All groups	Teamwork/Teampay	Grp1 Confidence Course Grp 2 P'hse Leadership Grp 3 Solo	Forum Drum Solo

**Saturday 18**

	am	pm	night
All groups	Leader Tasks	Grp 1 P'hse Leadership Grp 2 Solo Grp 3 Confidence Course	Drum Solo Forum

**Sunday 19**

	am	pm	night
All groups	Orienteering	Hike to Mutarazi Camp 1230hrs	Instructions/training

Divide Group 2 into co-ed hiking teams of 7 or 8 in each group. Single sex sleeping groups.

**Monday 20** Half to Bernie's Camp and half to Eddy's Eddy

**Tuesday 21** All to Swamp Camp

**Wednesday 22** All teams to Far and Wide Base Camp by 0930hrs for debrief/lunch. Bus 1 collects group with packed lunches from school.

Times	0830hrs to 1200hrs	1400hrs to 1700hrs	1930hrs
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Times are approximate and programme subject to change depending on weather etc.