



**INTERNATIONAL AWARD
FOR YOUNG PEOPLE**

EISAP

**SILVER & GOLD
LOCAL EXPEDITION**



EISAP Silver & Gold Local Expedition

Dear Parent/Guardian,

I am pleased to announce that this year's expedition for students registered in EISAP undertaking the Silver/Gold Award Local Expedition will take place in the beautiful Hajar Mountains, UAE. This practice and qualifying hike will be run in conjunction with **North Star Adventure Company**.

The summary details of the trip are as follows:

- Dates:** Practise Hike – Friday 10th – Saturday 11th February 2012
Qualifying Hike – Tuesday 21st – Friday 24th February 2012
- Training Days:** Friday 3rd February at EIS-J, 7.30 -11.30am
Sunday 19th February at EIS-J, 3 - 4pm
- Venue:** Hajar Mountains (for both practice & qualifying hike)
- Activities:** Hiking, Navigation and Camping
- Accommodation:** Tents supplied by EIS
- Cost:** **Silver – 800AED**
Gold - 950 AED, this cost includes the following:

Transport from EIS and back	Tents & maps
Water	School chaperones at checkpoints
Qualified instructors from North Star	Support vehicles supplied by North Star
Public liability accident insurance	EISAP polo shirt

NOT included in the price:-

Food	Backpack, sleeping bag & hiking shoes
Personal medical (health) insurance	Eating utensils

If you are interested in sending your son/daughter please complete the form below and return it with a **payment of 800/950 AED by Thursday 3rd of November 2011 – this is a non refundable payment.** The payment is best given before school to **Mr. Munnery or Mr. Lim in HS39** (this can be cash or a cheque made out to Emirates International School).

EISAP Registration - All students attending this trip must be registered EISAP members. A completed registration form must be returned (for re registering students) and the 200AED fee for new students.

Important Information

Please read this carefully, keep in a safe place and complete the attached medical forms. Please return these forms by Thursday 3rd November 2011.

Training Programme

Detailed information will be given out and practical skill based activities will take place during these sessions. During each session the students will be assessed on their readiness and ability to complete the expedition in a safe manner. This will be judged by the EISAP teacher leading that activity. You may be denied the opportunity to participate in the expedition if the teacher feels you are not ready or incapable of completing the expedition safely. The expeditions are physically very challenging and also require certain skills.

In preparation for the expedition students must attend the sessions below:

Friday 3rd February 7.30am – 11.00am (meet beside main football pitch in grandstand)

Navigational skills & Map skills (purchase a clear base compass and bring along for this day), team work, group dynamics, and fitness. Students must have kit for fitness work and a drink bottle.

Practise Hike – Hajar Mountains

Depart EIS-J **Friday 10th February 7.20am**

Return EIS-J **Saturday 11th February 3.00pm**

This will be a full practise hike which will involve students hiking, camping and cooking. This will provide an ideal preparation for the Qualifying Expedition and ensuring students are safely prepared.

Sunday 19th February 3 - 4pm (meet beside main football pitch in grandstand)

Navigation & Map skills – preparing maps & route cards – bring compass, highlighter, pencils & pens. This essential prior to the practise hike.

Qualifying Hike – Hajar Mountains

Depart EIS-J **Tuesday 21st February 7.20am**

Return EIS-J **Friday 24th February 3.00pm**

This will be a formal assessment which will test students navigational, group work and hiking skills.

Transport

For both the practise hike and the qualifying hike we meet at EIS-J at 7.15am on the Thursday's. For the practise hike (November) we return at 1pm and for the qualifying hike (December) we return to EIS-J at 3.00pm. Travel will be provided by Diamondlease buses.

Medical History

Please complete the attached form regarding your son/daughters medical history. Pay special attention to the section relating to medications which will be taken whilst on the excursion.

Expedition Provider

All EISAP-J expeditions are run by North Star. This is a UAE based company which has been organising school based adventure activities for many years. They also have the fully equipped adventure set up in Fujeriah. They use fully qualified staff and have extensive knowledge of the conditions our students will encounter. The owner and founder, Paul Flaherty is an ex SAS Military man who has extensive experience in providing adventure activities. He has lead school trips here in the UAE and abroad for over 20 years.

Risk Analysis

A detailed assessment of potential risks has been carried out by North Star in conjunction with EIS-J staff. There are inherent dangers with any adventure activities but these are minimised or eliminated.

An important part of eliminating risks is attending the training sessions. Please ensure your child attends the designated training sessions. Another vital component in reducing risks is the following of all instructions of North Star staff and EIS-J teachers. Failure to do this may place your child's or others at risk and will not be tolerated.

Accident Insurance

North Star provides the group with 3rd party accident insurance for any incident which may occur on the expedition. This is through Oman Travel Insurance with a sum total of one million AED coverage.

Health Insurance

The North Star accident policy does not cover sickness or illness. We are in close proximity to Dubai (90 minute drive) but parents are encouraged to provide health insurance for any illness that may occur during the expedition. Please provide me with a copy of this policy and ensure it is dated and signed.

Equipment List

- Small Medical pack (basics – plaster/blisters)
- Expedition food (snacks, lunch x 3 , dinner x 3, Breakfast x 3)
- Sleeping bag + sleeping mat
- Sunscreen & hat
- Toiletries – toothpaste, deodorant, wipes/sanitiser
- Clear based Compass & whistle
- Small amount of money for snack on our return
- Toilet paper
- Cooking equipment (pot, tongs, server, plastic knives, forks, spoons), washing and cleaning products
- Expedition clothing - 4 days (warm for night)
- Walking shoes (good trainers will be fine)
- Torch
- Rucksack 60 -70litre – not from Karama
- Lighter/matches
- Water bottle
- Tents will be provided by EIS-J

Equipment Purchase

The key to assist your child with the successful completion of the expedition is the correct use of quality gear. The above items can be purchased from Adventure HQ, Go Sports, Inter Sport, Ace Hardware and Picnico on Beach Road.

You do not have to purchase the most expensive product but rucksacks from Karama should be avoided at all costs.

Behaviour

Payment does not guarantee your son/daughter a spot on the trip. Students may be prevented from attending excursions due to poor behavior, attendance etc. This decision will be made by the EISAP coordinator, dean of students, head of grade and deputy principal. Any student on level 2 behaviour monitoring will not be allowed to attend the trip. Whilst on any eisap expedition students must behave to very high standards and follow all teacher and North Star instructions, failure to do so will result in your child being sent home. If you have any questions do not hesitate to contact me on the email below.

Yours sincerely,

Mr. Stephen Munnery
ASA & EISAP Coordinator
smunnery@eischools.ae

Mr. Kenny Lim
ASA & EISAP Assistant
klim@eischools.ae

Tel.: 3489804 (10 Lines), Fax: 3482813, P.O. Box: 6446, DUBAI, U.A.E.

تليفون: ٣٤٨٩٨٠٤ (١٠ خطوط)، فاكس: ٣٤٨٢٨١٣، ص.ب: ٦٤٤٦، دبي، ا.ع.م.

Primary School Fax: 3482586, Accounts Fax: 3482733, E-mail: mail@eischools.ae Website: www.eischools.ae فاكس: المدرسة الابتدائية ٣٤٨٢٥٨٦، فاكس: الحسابات ٣٤٨٢٧٣٣



A Community Service of Al Habtoor Group



Will your child be bringing any medications on the expedition? If yes fill out the following:

MEDICATION 1

Medication name _____
Medical condition for which this medication is required _____
Dosage _____ Frequency _____ Duration _____
Possible side effects of medication _____
Special storage instructions _____
Other information _____

MEDICATION 2

Medication name _____
Medical condition for which this medication is required _____
Dosage _____ Frequency _____ Duration _____
Possible side effects of medication _____
Special storage instructions _____
Other information _____

4. PARENTS OR GUARDIAN’S DECLARATION

To the best of my knowledge, the information I have given is correct and the child named below has my permission to engage in all the trip activities, unless otherwise noted and indicated in an enclosed written doctor’s report. I accept full responsibility for any claims, losses, expenses or liabilities arising out of, or related to, my child’s participation in the bronze expedition.

I hereby give permission to North Star and/or EIS-J staff to dispense the above medication on my behalf, according to the dosage and frequency indicated. I understand that all medications should be sent in an appropriate container, clearly marked with the child’s name and medication details.

I hereby give permission to North Star and/or EIS-J staff to authorize, on my behalf, any emergency medical care (including surgery) which, on the recommendation of qualified medical personnel, may be deemed necessary. In such circumstances, I understand that North Star and/or EIS-J staff will seek to advise me or the emergency contact person designated at the earliest possible convenience.

I understand and accept that should my child possess or consume any drugs or alcohol, smoke, or in the opinion of North Star and/or EIS-J staff behave in a way incompatible with the expedition at any time, that I will make immediate arrangements for him/her to leave the expedition at my expense and return home.”

Child’s Name: _____

Guardians/Parents Permission	
Signed: _____	Signed: _____
Name: _____	Name: _____
Relationship to student: _____	Relationship to student: _____
Date: _____	Date: _____

Various action photos and trekking video footage will be used on the school website, newsletter & posters.

If you have any objections to the use of your child’s photos, video footage on the school website, newsletter and posters, please contact either Stephen Munnery or Kenny Lim via school email.