



Explorer Belt 2023

Training Weekend One | 15 – 17 July 2022

Queen Charlotte's Wood

FRIDAY 15 JULY

Participants will be able to arrive on site between 6 - 7pm. The first session begins at 7.30pm.

Welcome & introductions, including expectations and the code of conduct

Wide games

Introduction to the *Explorer Belt Logbook*

EB23 Game Show

SATURDAY 16 JULY

Mental fitness

Bases: Building a project, Teambuilding & European language

How to form a personal expedition budget

Bases: Appropriate accommodation, Modes of travel & Navigation workshop

Team planning session

Physical fitness and nutrition

Free time

Cultural entertainment

Campfire



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SUNDAY 17 JULY

The “Minor-Project-Master”!

Participation fees: what to expect

Fundraising workshop

Risk assessments: Considering your expedition

Participants will be able to depart the site after 1pm.