



St. Paul's School

MANIBUS POTENTIA STUDIUM ANIMIS

16th October 2014

Dear Parents,

DUKE OF EDINBURGH INTERNATIONAL AWARD – BRONZE AWARD

I am writing to inform you about the forthcoming **Duke of Edinburgh International Award (Bronze)** trip that St. Paul's pupils will undertake in November 2014.

The chosen trail is a mountain traverse between Pindamonhangaba (SP) and Campos do Jordão (SP), in the Mantiqueira Mountain Range.

The group will leave school on **Saturday, November 8th at 11.00** and return on **Monday, November 10th at approximately 20.30**.

The International Award is an exciting self-development programme available to all 14 to 25 year olds. As part of the programme, participants have to plan for, train and complete a 2 day, 1 night expedition (for the Bronze Award).

Treehouse Outdoor Education will be responsible for the logistical operation of this trip, arranging transportation, hotel (pousada), campsite, guides, technical equipment and restaurant for lunch on Saturday 8th and Monday 10th.

Below is the outline of the proposed expedition. However, the details might change due to weather conditions and/or other natural factors.

The group will arrive in Pindamonhangaba (2 hours from São Paulo) on the afternoon of the Saturday 8th and put up a campsite at Pousada Champêtre, where only the group will be staying on the Saturday 8th.

At Pousada Champêtre students will practice several expedition skills like: Map reading and navigation, stoves, backpacks, tents and leave no trace principles. Students will also go over the trail and discuss safety and emergency procedures. At night the group will prepare their own dinner, already in expedition style, and camp for the night.

The expedition begins on the Sunday 9th November. From Pousada Champêtre it's half an hour by bus to the start of the trail, at the base of the mountain range. This first day the groups will hike approximately 9 km uphill to the campsite. On Monday 10th, they continue the hike uphill to Campos do Jordão, for another 9 to 10 km. The hike will be approximately 5 to 6 hours each day.

In Campos, we will arrive 3 km from Hotel Toriba, where the bus will be waiting. We will load the bus, organize equipment and start heading back to São Paulo, after stopping for a late lunch in town (Sergio's restaurant).

Our estimated time of arrival at school will be approximately 20.30.

The main purpose of the Duke of Edinburgh's Award is to develop the students' life and social skills, and prepare them for forthcoming expeditions. They will participate in a range of challenging activities that will increase their self-confidence and independence. Students will be able to develop their communication skills, working effectively and willingly in collaboration with others. They will also be expected to act with integrity, a strong sense of fairness and show respect for each other and the group. Through the activities, students will also learn the importance of teamwork and develop a strong feeling of group awareness and strengthen friendships.

The cost of the expedition per student will be R\$630 if 42 pupils attend. The school will contribute 50% towards the cost and therefore we will be asking the participant to pay for the other 50%, which will be R\$315 per student. Returning the consent form will imply that your son/daughter will be attending the trip and you will therefore be charged through the School Bill the cost irrespective if your son/daughter attends the trip.

MEDICAL INFORMATION: Parents must make sure the medical information we hold about your child is up-to-date and contains all the relevant information for going on this expedition. Parents can view and amend the medical information we hold for their children on our confidential online database: parents.stpauls.br

General Conditions and Information:

- Treehouse Educação ao Ar Livre is an intermediary between its passengers and its suppliers (bus, boat and other services) and cannot be held responsible for the suppliers' failures or mistakes. However, should they cause any setbacks all efforts will be made to ensure the best solution.
- Treehouse reserves the right to change the program because of the weather conditions or any other reasons beyond their control.

The contact telephone number while we are away will be **99618-2054** but this should only be used in emergencies. If you have any further questions regarding the field trip please do not hesitate to contact me at school by email on gwc@stpauls.br.

Yours sincerely,

Graham Case

Duke of Edinburgh's International Award Co-ordinator



St. Paul's School

MANIBUS POTENTIA STUDIUM ANIMIS

**EXCURSÃO: PRÊMIO DE BRONZE DO DUQUE DE EDINBURGO
SÁBADO 8 À SEGUNDA 10 DE NOVEMBRO DE 2014**

**THE INTERNATIONAL AWARD EXPEDITION (BRONZE)
SATURDAY 8TH – MONDAY 10TH NOVEMBER 2014**

CANHOTO DE PERMISSÃO (*Deve ser retornado até segunda-feira 20 de outubro*)
CONSENT FORM (*To be returned by Monday 20th October*)

Eu concedo minha permissão ao meu filho/minha filha a participar da viagem de campo acima. Entendo e estou de acordo que, enquanto meu filho/minha filha estiver acompanhando a viagem de campo, qualquer membro acadêmico da Escola Britânica de São Paulo pode autorizar que ele/ela receba tratamento médico. Eu também confirmo que as informações médicas do meu filho/minha filha que a escola mantém no Schoolbase on-line são precisas (parents.stpauls.br).

I give my permission for my son/daughter to attend the above field course. I understand that whilst my son or daughter is taking part in the Field Course, that any member of St. Paul's School staff may need to give permission for them to receive Medical Treatment, and agree to this. I can also confirm that my child's medical information that the School holds on Schoolbase Online is accurate (parents.stpauls.br).

Nome do aluno | *Pupil's name* _____

Assinatura | *Signed* _____

Data | *Date* _____

It must be emphasised that, as well as being an exciting experience for your son/daughter they will be representing St. Paul's School. It is imperative that the pupils understand the need to abide by instructions to ensure their own safety and the smooth running of this field trip. Should pupils decide not to abide by these expectations then the possibility exists that they may be returned home at the parents' expense. We would be grateful if you could reinforce this message at home.

Pupil's Signature _____

**FUNDAÇÃO ANGLO BRASILEIRA DE EDUCAÇÃO E CULTURA DE SÃO PAULO
ESCOLA BRITÂNICA DE SÃO PAULO**

Rua Juquía, 166 – Jardim Paulistano – CEP 01440-903 – São Paulo – SP – Brasil
Tel.: (5511) 3087-3399 – Fax: (5511) 3087-3398



St. Paul's School

MANIBUS POTENTIA STUDIUM ANIMIS

LIST OF CLOTHES AND EQUIPMENT

For the Return Journey

One small bag to be left in the coach with clean, dry clothes to be used on the way back: 1 shirt, 1 pair of trousers, tennis shoes, socks and underwear, 1 sweater/jacket.

For the expedition: Essential Clothing

1 sweater or polartec jacket;
1 anorak / rain coat (obligatory. If anorak is not of good quality, bring 2 sweaters instead of 1);
2 tracksuits for hiking: tactel, lycra (no moleton or jeans). Girls may use leggings down to the ankles (not knees);
1 pair of water resistant pants to wear on top of the tracksuits (not essential but useful if it rains);
2 t-shirts for walking, preferably dry fit (dries quickly, better than cotton);
1 long sleeved t-shirts for the night;
Comfortable clothes for sleeping;
2 pairs of socks for hiking;
2 pairs of underwear;
1 pair of hiking tennis shoes or boots (with thick soles and good grip for hiking). The Solomon outlet store on Av. Cidade Jardim, 870 will give 20% discount.
1 pair of sandals (preferably Crocs), for campsite at night;
1 Cap;
1 woolen hat;
1 wash bag with soap, toothbrush, tooth paste, hand sanitizer, cleaning tissues and other toiletries (tent teams should organize a toiletry bag for common use, to carry less weight);

Sleeping and Eating

1 sleeping bag for cold weather (Treehouse can supply one if needed);
1 plastic bowl (could be Tupperware), to eat;
1 plastic cup or mug;
1 fork and spoon (preferably hard plastic);
Food – organized by tent groups.

Treehouse will supply tents, sleeping mats, stoves and pans.

Other Equipment

2 plastic bags for dirty laundry and garbage;
Sun protection lotion (minimum Factor 30) and mosquito repellent (walking teams should organize themselves to carry only one of each);
1 expedition backpack (minimum 50 litres – ideally 60 to 75 litres for boys, 50 to 65 litres for girls);
1 waterproof cover for the backpack (essential);
1 water bottle, minimum 1 lt.;
1 powerful electric torch / headlamp with spare batteries;
Essential medication if appropriate (please advise teachers);

FUNDAÇÃO ANGLO BRASILEIRA DE EDUCAÇÃO E CULTURA DE SÃO PAULO
ESCOLA BRITÂNICA DE SÃO PAULO

Rua Juquiá, 166 – Jardim Paulistano – CEP 01440-903 – São Paulo – SP – Brasil
Tel.: (5511) 3087-3399 – Fax: (5511) 3087-3398

Small waterproof bag to carry papers and documents, batteries, camera, etc.;

Portable camera.

Treehouse will supply large plastic bags to cover the inside of the backpack in case of rain.

All other items (maps, compasses, purifying water drops, etc.) will be supplied by Treehouse.

Please do not bring items of value

Portable electronic equipment will be left in the coach.



St. Paul's School

MANIBUS POTENTIA STUDIUM ANIMIS

Information and Food for Bronze Trip.

Saturday, 8th November

Come to school in the sensible clothes and footwear. You will be doing activities outside when we arrive at the pousada/campsite. You will need to arrive at the school for about 10.45 so that we can put your rucksacks on the coach and therefore depart at 11.00

After about 90 minutes (12.30) we will stop for lunch. This will be a buffet and one drink. If you want more drinks, etc. you will need to bring some extra money.

14.30 – Arrive at pousada/campsite.

15.00 – 18.00: Workshops on the various skills needed for the expedition.

18.00 Dinner at campsite prepared by students (this will need to be cooked, planned and brought by the students. (Pasta, tuna, vegetables, soup, tomato sauces, cheese, tinned food, fruit, etc.)

Plan for a HOT DRINK AS WELL. Cook in your walking/tent groups.

Note: A bag can be left on the bus with clothes that you can change into on the way home.

Sunday, 9th November

7:00 – breakfast prepared by students (cereal, fruit, powder milk, etc.) Hot drink.

Lunch for the day. Snacks, sandwiches (bread rolls, pita bread), fruit, dried nuts/fruit, cereal bars, dried bananas, cheese, salami, cucumber, apples, etc.

17:30 – **Dinner prepared by students; (as before, this will be cooked, planned and brought by the students.) Include a hot drink.**

Monday 10th November.

6:30 – breakfast prepared by students

Snacks for the morning walk. Snack bars, energy bars, sandwiches, fruit, dried nuts/fruit, etc

15.00 (approx.) Expedition ends. Get changed.... late lunch afterwards. After lunch, we head back to Sao Paulo.

NOTES: Please make sure that you plan your food carefully. You should plan your evening meals as a group. I would suggest in groups of 3/4 people. You will have one stove and one large plan to cook with. You need to make a combined meal which will feed your entire group. Do not bring food for the final day that will not keep well. Eg. Ham sandwiches. Bring foods that will keep.

Think about the weight that you will carry. The first night it is okay to bring heavier foods (e.g. cans) as you will not be walking the first day.

The second night is a wild campsite and all waste will need to be put in bags and brought back with you.

FUNDAÇÃO ANGLO BRASILEIRA DE EDUCAÇÃO E CULTURA DE SÃO PAULO
ESCOLA BRITÂNICA DE SÃO PAULO

Rua Juquiá, 166 – Jardim Paulistano – CEP 01440-903 – São Paulo – SP – Brasil
Tel.: (5511) 3087-3399 – Fax: (5511) 3087-3398