



St. Paul's School

MANIBUS POTENTIA STUDIUM ANIMIS

27th August 2015

Dear parents,

**DUKE OF EDINBURGH INTERNATIONAL AWARD – Gold Practice Expedition – Friday 11th to Tuesday 15th September 2015**

As part of the programme, participants have to plan for, train and complete a 4 day, 3 night practice expedition for the Gold Award.

The chosen trail is near the town of Itamonte, in the “Serra do Papagaio” and “Serra dos Coelhos” mountain ranges where the pupils will complete a 4 day and 3 night camping and backpacking trip to prepare for their qualifying expedition in June.

Treehouse Outdoor Education will be responsible for the logistical operation of the trip, arranging for transportation, campsites, guides, technical equipment and restaurants.

The teacher in charge on the expedition will be Mr. D. Bryan, who has led many Duke of Edinburgh trips before in Brazil and the UK, as I (Mr. Kennedy) am currently recovering from injury.

As part of the preparation for the trip all pupils must attend meetings with Mr. Kennedy and staff from Treehouse Outdoor Education, where the pupils will bring in their clothing and equipment, to ensure that they correctly prepared for camping at over 2,300 metres. Last year we woke to a light frost in so it is imperative that the pupils come properly equipped.

- please see the attached **kit list**.
- the meeting will take place on **Monday 31st August and Tuesday 8th September at 12.25 pm in ITA**
- there will be a **parents information** event on **Tuesday 8th September at 5pm in the Chapel** for those who wish to find out more about the trip

**The itinerary is as follows:**

**September 11th:** Pupils will depart from school at 1 pm, after having had lunch, with destination Itanhandu (MG), 270 km from São Paulo. Arriving in Itanhandu (approx. 5 pm with road stop), the group will check in to Pousada Bonani ([www.pousadabonani.com.br](http://www.pousadabonani.com.br)). They will have dinner at the pousada and organize equipment, have a safety talk and go over the route with staff.

**September 12th:** Pupils wake up at 6 am, have breakfast at the pousada and get on the van that will take them to the start of the route (one hour thirty minutes by van). They will go up the mountain range to a high plateau and then navigate to the summit of Pedra do Garrafão, where they will set up camp for the night. (7 to 8 hours' hike).

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

**September 13th:** From Garrafão's summit the group will retrace their steps for one hour and then continue along the mountain range known as "Serra dos Coelhos". They will hike approximately 7 hours to the next campsite.

**September 14th:** The group will hike approximately 10 km (6 to 7 hours) to the next campsite, ascending another mountain range (Serra do Papagaio).

**September 15th:** The trail will end at approximately 12 pm at Pedra do Gavião campsite. There the group will have lunch prepared by the owners. From there the group will take a van back to Itamonte on a dirt road (30 km). In Itamonte, at approximately 2 pm they will embark on the micro bus that will take them back to São Paulo. The group will stop on the way for a snack or dinner and arrive at school at approximately 7.30 pm.

Treehouse Outdoor Education will be responsible for the logistical operation of this trip, arranging transportation, hotel (pousada), campsites, guides, technical equipment and park entrance fees.

**If 12 pupils participate it will cost the school R\$ 1,840 per student. Returning the consent form confirms that your son or daughter will be attending the trip. If your son or daughter withdraws from the trip without a sound reason then you will be billed for the cost of the trip.**

**MEDICAL & CONTACT INFORMATION:** Parents must make sure the medical information and emergency contact information we hold about your child is up-to-date and contains all the relevant information for going on this trip. When the contracts were sent to parents last term we asked you to check the contact and medical information. If this has changed since then please inform us.

**An authenticated copy of your child's I.D. card or passport will be required for travel.** Please note that according to EMBRATUR the law is absolutely restrictive regarding documentation. Please make sure your child has the original ID (or the authenticated copy) with them during the trip. Without the correct documentation your child **will not** be allowed to travel.

**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 programme because of the weather conditions or any other reasons beyond their control.

The contact telephone number while we are away will be **(11) 99618 2054, but this should only be used in emergencies.** If you have any further questions regarding the field course please do not hesitate to contact me at School by email on [ak@stpauls.br](mailto:ak@stpauls.br).

Yours sincerely,

Mr. A. Kennedy  
Duke of Edinburgh Award Co-ordinator

## LIST OF CLOTHES AND EQUIPMENT

### **For the Return Journey**

One small bag to be left in the pousada (or bus) 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 sunhat
- 1 wool hat
- Sunglasses
- 1 warm base layer
- 1 thick fleece jacket (polartec)
- 1 waterproof rain coat
- 2 quick dry long-sleeved shirts, preferably with a collar for sun protection
- 1 pair of walking trousers (not heavy). Girls may use leggings down to the ankles.
- Comfortable clothes for sleeping (consider thermals for cold weather)
- 1 pair of waterproof trousers
- 1 pairs of shorts for bathing (bathing suits for girls)
- 4 pairs of socks for hiking
- 4 pairs of underwear
- 1 pair of hiking shoes or boots (with thick soles and good grip for hiking)
- 1 wash bag with soap, toothbrush, tooth paste, alcohol gel, cleaning tissues and other toiletries (tent teams should organize a toiletry bag for common use, to carry less weight)
- 1 small lightweight towel

### **Sleeping and Eating**

- 1 sleeping bag for cold weather (comfort level = 0 degrees centigrade)
- 1 plastic bowl (could be Tupperware)
- 1 plastic cup or mug
- 1 fork and spoon (metal or hard plastic)
- Food – organized by tent groups

Treehouse will supply tents and sleeping mats, stoves and pans. Pupils are welcome to bring their own.

### **Other Equipment**

- 3 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 60 liters)
- 1 waterproof cover for the backpack.
- 2 one litre water bottles
- 1 torch/headlight
- Essential medication if appropriate (please advise teachers)
- Small waterproof bag to carry papers and documents, batteries, camera, etc.

Treehouse will supply large plastic bags to cover the inside of the backpack in case of rain. All other items (maps, compass, purifying water drops, etc.) will be supplied by Treehouse.

**Please do not bring items of value. No need for mobile phones.**



St. Paul's School

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**EXCURSÃO: PRÊMIO DE OURO DO DUQUE DE EDINBURGO  
SEXTA 11 À TERÇA 15 DE SETEMBRO DE 2015**

***THE INTERNATIONAL AWARD EXPEDITION (GOLD)  
FRIDAY 11TH – TUESDAY 15TH SEPTEMBER 2015***

**CANHOTO DE PERMISSÃO**

***CONSENT FORM (To be returned by Monday 31th August)***

**Autorizo meu filho(a) a participar da viagem acima. Estou ciente de que meu filho(a) participará da excursão e de que um membro da St. Paul's School poderá permitir que ele(a) receba tratamento médico. Concordo com esses termos. Confirmo que as informações médicas contidas na Escola a respeito de meu filho estão corretas, e que informei a secretária sobre qualquer mudança.**

*I give my permission for my son or daughter to take part in the above trip. I understand that whilst my son or daughter is taking part on this expedition, 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 confirm that my child's medical information that the School holds is correct, and I have informed the school secretary of any changes.*

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 or 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 Course. 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 \_\_\_\_\_