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Newsletter #4 - March 2022 (Participants' Issue)

Welcome to our Alps22 newsletter for participants, parents and supporters of '**Alps22 - Jamboree in the Mountains**'

Read on for all the latest event and planning news as we countdown to August 2022.



Webinar Recording

Thanks to all of you who attended the webinar on 23rd March. The attendance was superb and the feedback has been very positive. You can find the recording on our website at <https://www.berkshirescouts.org.uk/international/alps-2022/>

Our next webinar will be on **8th June**. The team will have recently returned from the second recce, so it will be a fantastic opportunity to get the latest information on how the activities and campsite are shaping up. Add it to your diaries now!

Kit List



It's time to start thinking about planning your kit. I know a rucksack is on my birthday list, so if yours is coming up, there are plenty of ideas for you in the kit list below!

The following is only a guide - you may already have a holdall or rucksack that is slightly larger or smaller than we are recommending. That's OK as long as you can fit everything in!

Large Kit essentials	Small Kit essentials	Optional and things to consider
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Holdall (suggest between 80-110ltrs) (Not a suitcase)	Passport, GHIC card*, Travel details, proof of Covid vaccination status.	Money belt
Rucksack (no smaller than 35trs)	Personal Medication (& spares)	Cheap wrist watch
2 Season sleeping bag	Sun Protection (Sun screen)	Battery pack/Solar Charger
Cotton or Silk sleeping bag liner	Sun Hat	Cards, book, notebook, travel games etc...
Good Sleeping mat (not a foam yoga mat)	Sun Glasses	Baby wipes
Pillow and Pillowcase	Bug Spray	Travel pillow for flights/coaches/trains
Towels	Camera (& spare batteries, SD card)**	
Underwear (including socks)	Hand Sanitiser	
T-Shirts	Torch (& spare batteries)	
Long-sleeved shirt	1ltr water bottle (minimum of 2)	
Trousers	Wash Kit	

Shorts	Small repair kit (sewing kit)	
Walking Boots	Personal 1st Aid kit	
Walking Socks	2 packs of lateral flow tests for Covid19 (14 tests)	
Comfortable shoes for travel and relaxing in		
Water Shoes (not flip flops, crocs or ones that come off easily etc...)		
Waterproofs (Jacket and Trousers)		
Jumpers or Fleeeces		
Swimming costume		
Clothes that can get wet		
Cycle helmet		
How many sets of clothes should I pack? Your choice but you will need enough for two weeks of activities, with limited clothes washing facilities unless you hand wash.		Phones and other electrical items are permitted but there will be limited charging facilities and note roaming charges may apply. (See also**)

You will need to liaise with your unit leaders regarding any limit to baggage due to your method of travel and any additional items you may need due to activities undertaken whilst traveling.

*GHIC – UK Global Health Insurance Card

** - Our insurer has a single item limit of £ 250 and a total valuables limit of £ 250 for each person so you may want to take out extra insurance for anything more valuable if it is not already covered elsewhere – See our FAQs



Canoe and Kayaking Training

We're running the Canoe and Kayaking training over the Easter holidays at both Newbury and Wokingham Waterside Centre.

All young people participating in Alps22 should have now been invited to the training and be sent details of their scheduled slot.

If for any reason you have NOT had confirmation of your place on the training, please contact us straight away at alps22@berkshirescouts.org.uk

We also appreciate that some of you are away over Easter. We'll be planning some mop up sessions for both the Hillwalking and Canoe/Kayaking in the coming weeks.

Top Awards



We had a fabulous response on the webinar to our discussion around Top Awards.

Let's face it, we all love a badge and this is a fantastic opportunity to use Alps22 towards achieving either your Duke of Edinburgh, Queen's Scout awards or Explorer Activity Badges.

Did you know that just learning and speaking French while you are out there and taking part in our cultural programme can count towards your International Badge?

We've put together the attached guidance to help you with the criteria - so start choosing which award you plan to get!

<https://www.berkshirescouts.org.uk/wp-content/uploads/2022/03/awards-guidance-1.pdf>

Green Champions and Creating a Sustainable Jamboree



As Scouts, part of our ethos is to “leave the world a little better than we found it”. We are now more aware of the impact of our activities and travels in relation to **Global Warming**. So what measures can we put in place to ensure we enjoy a great camp abroad, whilst still doing our part to help the planet?

We would like our "**Jamboree in the Mountains**" to be as environmentally friendly as possible and ideally offset the **Carbon Footprint** our travels will generate.

To help toward this goal we are looking for enthusiastic and creative Scouts, Explorers, Network Members and Leaders to join our **Green Champions Team**.

Sounds good but what's involved?

We'd like our Green Champions to work towards increasing awareness of the 7rs of Sustainability within our Scouting Community. This might include initiatives such as:

- how we can make our camp and training events less harmful to the environment;

- how can everyone involved in the event be part of the solution and not add to the problem;
- how to raise awareness that small changes can make a big impact within our Scouting community. For example changes such as saying no to plastic straws or buying bamboo toothbrushes can gather momentum pretty quickly. Could we encourage our sections and families to say no to other things or promote significant reductions in plastic waste or identify sustainable alternatives?
- creating some programme ideas on the subject and about France, so our scouting sections can participate in an Alps22 evening and feel part of our adventure!
- finding a way to measure our Carbon footprint and how much the activities above have helped to reduce our impact (e.g. Carbon footprint of car journey to training camp = xx Co2, lift share = reduction of xxCo2 per extra passenger);
- suggesting other ways to achieve a Carbon Neutral event (e.g. planting trees...)

It is an exciting project that **YOU** will be able to shape. It's the first time we've formally run this type of scheme for an expedition.

If you have a passion for a specific focus area of the 7rs that's fine. Hopefully we'll have enough people to create task teams with shared interests.

For Scouts, Explorers and Network members, this project can count toward your Chief Scouts Award Gold, Platinum, Diamond or Queen Scout Award ICV activities. We will also register it, plus our hours with the [Scouts for the Sustainable Development Goals](#) initiative, aiming to deliver two million local projects linked to the SDGs, and to provide an additional three billion hours of service for them by 2030.

Have we got your interest?

We need you as a Green Champion! To join the team, click on this link to the online form, submit it and we'll be in touch!

[Green Champions Registration Form](#)



Youth Forum

It's not too late to join our Youth Forum. So what's it all about?

We're looking for representatives from each District to help our Event Delivery Team make decisions that are Youth Shaped.

- Be a voice for your fellow participants.
- Provide input into the programme - particularly the onsite activities.
- Help us with our mission to deliver a green and sustainable event.
- Provide feedback during the event, to make sure we stay on track!

If this sounds like something you want to be part of, please let your Unit Leader know.



Supporting additional needs

Scouting celebrates diversity and we want to ensure that all participants are

able to enjoy everything Alps22 has to offer.

However we also appreciate that some participants may have additional needs that we will want to be aware of and cater for.

Whether this is having a 'safe person' to accompany you on the activities, providing a space to observe your faith or assisting with both physical and non-visible disabilities, we are here to support you.

In the first instance please make your Unit Leader aware of any additional needs and we'll work together to make sure they are catered for.

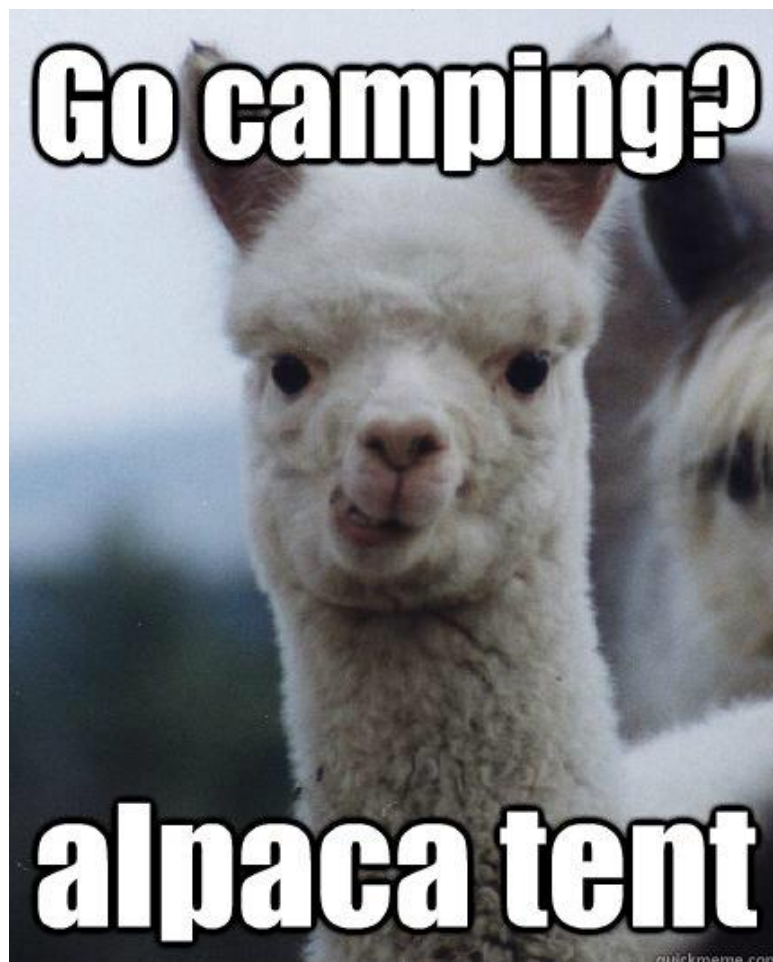
Together

Everyone

Achieves

More

AND FINALLY



Scouts



Berkshire

<https://www.berkshirescouts.org.uk/international/alps-2022/>



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