

endorsed by:

The Financial Times

The Daily Telegraph

The Sunday Telegraph

The Scotsman

The Times

Evening Standard

Channel 4

Ewan McGregor &
Charlie Boorman
'The Long Way Round'
'The Long Way Down'

In association
with the Foreign and
Commonwealth Office



The Objective Team:

Charlie McGrath MBE

A wonderful paradox of a safety specialist and highly entertaining teacher. He spent his two gap years in South America & Asia; then 15 years in the army working in Northern Ireland, Africa, Middle East and Central America. He has travelled extensively as a civilian on every continent (including Antarctica). His never exhausting repartee of travelling experiences adds humour and first hand experience to the courses.

Marina Stephenson

Marina spent her childhood living in South Africa and then went back to Southern Africa on her Gap Year before working in Australia and New Zealand. Further trips have taken her to North and East Africa and also to the Far East, North and South America. In addition, she has worked as a travel consultant for the last 20 years.

Claire Price

Claire spent a large proportion of her early years running around barefoot in Uganda, and embarked on a month long back packing adventure around Uganda, Kenya and Congo aged 10, escorted solely by her 18 year old sister. On leaving school she took off to South & Central America and has since travelled around SE Asia, parts of India and Europe.

Jamie Lowther-Pinkerton LVO MBE

20 years service with the Irish Guards and SAS; specialist knowledge of South America, the Middle and Far East.

**ONE-DAY COURSES ARE HELD FREQUENTLY IN LONDON;
PRIVATE COURSES ALSO AVAILABLE ON REQUEST.**

**FOR COURSE DATES, AVAILABILITY, ONLINE BOOKING
AND KIT FOR SALE:**

www.objectivegapsafety.com

COURSE PRICE: £165.00 per student
(includes course notes, lunch, cold drinks, tea and coffee)

Contact details:

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objective gap safety

**“Safety course is
gap-year winner”**

The Sunday Telegraph

one day course

TRAVEL SAFETY

www.objectivegapsafety.com

by the acclaimed trainers of journalists and aid workers

KEEPING SAFE ON YOUR GAP YEAR

the acclaimed one day course from Objective
"incredibly useful & informative; a real eye opener"

Safety specialists

Objective Travel Safety specialises in the provision of safety and security training for travellers. In addition to our gap year courses we also prepare media teams, expeditions and aid agencies for work in challenging areas of the world. As ex-gappers and extensive travellers, our credibility is based on those experiences, combined with lessons learnt in the military and the SAS.

Prepare and be safe

We teach young people how to prepare for their gap year and how to deal with problems they may face. Our intention is to help them recognise danger by teaching them to think on their feet and interpret situations confronting them – without terrifying the living daylight out of them.

Fun and interactive

The course is delivered by means of interactive scenarios and role-play, lectures and hands-on learning. Our instructors have an excellent understanding of young travellers and flavour the course with tales of scrapes and situations they themselves have encountered.

Course aim

It is designed to give young travellers the confidence to make the most of their gap year by applying essential skills of how to stay safe. We follow the READE acronym to think safe and read the warning signs early enough to keep out of trouble:

Unbiased advice

Ask us any question, at any time, pre or during your travels –
Eg: Ideas for where to travel? Who to book through? Got sick during your trip?

Recognise the signs from what's going on around you,
to enable you to

Evaluate the situation, and make a judgement about what's happening and what may be about to happen - so that you can then

Avoid problems or confrontations – whatever their nature – before they become an issue; or

Defuse them effectively to make sure they don't escalate further.
And finally, once you've avoided or defused them,

Extract yourself with the minimum fuss – in other words, walk away unharmed.



COURSE CONTENT

Before you go

- Researching your destination
- Security advice & terrorism risk
- Health issues & disease prevention
- Culture, religion & law
- Documents
- Insurance & Money
- How to keep in touch

What to take

- Kit & clothes – how to pack
- Safety gadgets
- First aid kits
- Electrical kit; mobiles, cameras etc
- Security of your possessions

Over there

- Hostels/hotels
- Safe food & water
- Changing money
- Dealing with authorities
- Bribes & bargaining
- Where and how to get help

Medical issues

- Emergency first aid
- Climatic injuries
- Staying healthy
- Bugs, bites & bowels

Getting about

- Travelling safely on buses, trains, taxis etc
- Checking out the people you meet
- Survival navigation

Keeping safe

- Avoiding the dangers from muggings to kidnapping
- Surviving extremes: earthquakes, avalanches, fire, weather etc
- Drugs & alcohol

For girls...by a girl

- Answering female concerns

