

# 'Helping others helps you'

## TASK MISSION:

Save that tribe!

## BRIEF:

Phew! The teams are safe and have retrieved all of their missing equipment. They have heard that help is urgently required by a nearby tribe. Loggers are destroying their tribal land and people are trapped. The team must save the tribe and return them to safety – the tribe can only communicate in a written code.

## SUGGESTED OUTCOMES:

- The importance of having rules
- The qualities of a good friend
- Importance of trust and respect
- How to care for the environment
- Importance of teamwork and taking a team member role

## BY THE END OF THE TOPIC:

- Know others have needs and we can help
- Think in different ways
- Be able to apply strategies to resolve differences and cooperate
- Understand places and environment need to be cared for

## Resources:

COJO Box, card, board marker pens, small white boards and equipment lists for escape routes.

## RESPECT target character behaviours:

Gratitude; teamwork; organisation; adaptability and determined.

## ACTION PLAN!

Illegal logging has devastated a small Amazonian village housing a local tribe.

The tribal camp will be sealed off in the centre of the activity space using cones.

Tribe members can't speak the team's language and will communicate with them using a written code.

The tribe will have planned a route and the equipment they will need for the explorers to get them out of the village.

## ACTIVE DUTY!

One small team will be based inside the cones (representing the trapped tribal people). The team on the outside of the cones represent the explorers there to save them!

However – only the tribal people can communicate a safe route in – and they can only use their written code e.g., 'get a plank of wood' would be: teg a knalp fo doow (the letters are in reverse).

Using the code, tribe members will give the explorers instructions of how to make it inside their village (without touching the unsteady ground).

Explorers must decipher the code and follow instructions one by one, getting the tribe members out of the village to safe ground where those who have escaped can set up a camp for the night.

## MISSION ACCOMPLISHED!

Team de-brief. To include teams telling each other how they would feel if their home was knocked down and their town destroyed.

How would they show gratitude to their rescuers?

Which character traits have been used today?

Do you think it's important to help others? Can you think of an example where helping someone else has helped you?



## CHALLENGE:

- Teams create own language to communicate with group.
- Increase the amount of equipment to carry, but decrease time available.
- The code is to be given by different tribe members who have to be rescued at the same time.

## SUPPORT:

- Less equipment – just using larger pieces such as wood and tyres.
- Decrease team size.
- Talk directly to one person in the explorer team by walkie-talkie.
- Higher level of staff support and guidance.



## Explorer: Ed Stafford

Ed Stafford was the first person to travel the entire length of the Amazon River-from source to sea- on foot. It took him a mind-boggling 860 consecutive days! He said it was the 'hardest thing I've ever done'.<sup>1</sup> So where did he get the true grit and determination to carry on in the face of adversity? Why did he bother?

Ed was born on 26<sup>th</sup> December 1975. He was adopted and brought up in Leicestershire before attending Newcastle University. From there, he went on to earn a position in Royal Military Academy, Sandhurst and in July 1999 he became a British Army Officer.

He remained in the army until 2002. In this time, he became an instructor at RTC Lichfield, overseeing hundreds of recruits as they took part in their basic training programme. It was here where he was at his happiest.<sup>2</sup>

The many skills he had gained from his time in the army, Ed transferred into a role as an expedition leader with the former charity Trekforce. He led volunteers across many landscapes on conservation and community based projects- in places such as the jungles of Borneo, Guatemala and Belize.

Soon Stafford swapped the jungles for the freezing cold temperatures of Patagonia, Argentina and Chile. In Patagonia he conducted scientific research projects and completed Northern Ice Cap crossings in Chile.

In 2010, Ed set a new world record and holds the title as the first man to walk the Amazon. He set off on 2<sup>nd</sup> April 2008 and completed his mission in August 2010. Ed intended to use his adventures to 'inspire adults and kids alike to get off the settee and go outside.'<sup>3</sup> When he announced his plans, many people thought he was mad. Expedition experts said he was taking things too far- that he'd be likely to become ill, or that the dense forest, biting insects, snakes, bogs, jaguars and fearful tribes would be too much.<sup>4</sup> Ed certainly underestimated the scale of the event- he had estimated that it would take him a year to complete but over two years later, he was still walking on!

Ed faced many adversities along the way. In month three of his challenge, he fell out with his walking partner, who then returned home leaving Ed to go it alone. He wasn't to remain alone though as he met a Peruvian forestry worker who joined him on his journey named Gadiel Rivera, nicknamed 'Cho'. It wasn't easy- they had to navigate their way across swamps, rivers and contend with the local wildlife- such as deadly electric eels, pit vipers and botflies- one of which burrowed its way into Ed's head. Ed recalls of his experience, "Once, Cho called a halt and pointed at something in the undergrowth. A deadly fer de lance (pit viper) was coiled and ready to strike. Just one bite makes you bleed from your hair follicles, eyes, ears, nose and fingernails, before dying a gruesome death."<sup>5</sup>

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<sup>1</sup> Interview with Above and Beyond Adventure Ltd

<sup>2</sup> About Ed Stafford: Discovery UK

<sup>3</sup> Ed Stafford bio: Raise the Bar

<sup>4</sup> Amazon Adventure: Ed Stafford's Trek from Source to Sea BBC- Peter Jackson

<sup>5</sup> Walking The Amazon by Ed Stafford



Some days, they didn't manage to cover much land at all. "The spines on some plants were horrific, going straight through wellies or into kneecaps" explained Ed.<sup>6</sup>

Food was a difficult challenge. Ed often survived on only 450 calories a day and in his book about walking the Amazon, he explains how he'd often dream of Mr Kipling's French Fancies and flapjacks! He survived by eating animals such as tortoises and piranhas which he smoked over a fire. He became so thin that he had to hold up his shorts and hold his boots together with threads!

Far greater threats lay in their way, though- people. Local people saw Ed and Cho as outsiders, foreigners and Ed was fearful that they might harm him. Ed explained, "There's a rumour about a mythical figure called Pela Cara, which means face peeler. Locals believed white people would come and steal their babies and kill people in order to remove body parts and sell them. There were genuine looks of absolute terror when we arrived in communities. We arrived in Rieno Unido [in Peru] where a man had just gone missing, and because I was white... the village chief detained us."<sup>7</sup>

You'd think this would be the scariest part of the trek- but no! Ed and Cho were chased by a gang of indigenous people living in the rainforest wielding machetes at them!

"At one point we were in trouble because the Queen had not personally signed my passport." Ed recalls.<sup>8</sup>

Amazingly though, they made it. It was over! Nine million-odd steps; more than 200,000 mosquito and ant bites each; more than 8,000 kilometres walked over 860 days (733 of them with Cho), about 600 wasp stings; a dozen scorpion stings; and one Guinness World Record. I've never in my life felt such pure happiness." explains Ed.<sup>9</sup>

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<sup>6</sup> Walking The Amazon by Ed Stafford

<sup>7</sup> Amazon Adventure: Ed Stafford's Trek from Source to Sea BBC- Peter Jackson

<sup>8</sup> Amazon Adventure: Ed Stafford's Trek from Source to Sea BBC- Peter Jackson

<sup>9</sup> Walking The Amazon by Ed Stafford