



## Adventure of a lifetime

An intrepid (age)-year-old occupation from (place of residence/work/study) braved wild animals and scorching temperatures during his/her recent expedition in country with youth and education charity Raleigh. Full name was one of more than 50 young people who took part in the charity's 5/10-week expedition in country.

After unpacking his/her rucksack in his/her place of residence/local area home this week, first name has been driving his/her friends and family green with envy with the details of his/her adventure – which included taking part in three individual environmental, community and adventure projects.

First name took part in example of projects

Blisters and sunburn aside, first name said: 'Quote'.

'Second quote'.

First name spent length of time fundraising more than amount to take part in the expedition, through list of fundraising activities and receiving support from any charities/organisations and business that may have helped you.

If first name's intrepid adventure in country has inspired you, young people aged 17 to 24 can have their very own adventure of a lifetime by taking part in 5 or 10 week overseas expedition in Borneo, Costa Rica & Nicaragua, or India. On every expedition Raleigh takes volunteer managers with a variety of skills to lead expeditions and support projects from field bases. So whether you're 25 or 75, why not try a different daily grind? For more information, please call Raleigh on 020 7183 1270 or email [info@raleigh.org.uk](mailto:info@raleigh.org.uk)

Ends

## Notes to Editors

Full name is available for interviews and can be contacted directly on home telephone number /mobile number and email address. High resolution images of first name in action in country are available on request.

## Raleigh

Raleigh is a youth and education charity. Since 1984, Raleigh expeditions have inspired 30,000 people from all walks of life, nationalities and ages to be all they can be, helping them develop new skills, friendships and make a difference to communities and environments across the world.

*We all have an expedition within us.* Find yours at [raleighinternational.org](http://raleighinternational.org)