



## What happens on a typical Connecting Cultures course?

A typical Outward Bound course sees eighteen young people spend five days in the desert of Oman. Nine participants will be from Arab states, nine will be from Europe. Each day the group will travel on foot, and by camel, up to 8 kilometres through the desert. They will carry small backpacks with water on their backs, and at night will sleep on the sand in small tents.

Each day follows the same pattern; a short morning journey, followed by a midday period of intensive, focused debates, before a final short journey to the next campsite in the late afternoon, with more debates in the evening.

There are no toilets, no showers, and mobile phones are collected on day one, and returned to the participants at the end of the course.

A typical programme is below;

	<b>Programme</b>
<b>Day 0</b>	Flights arrive in Muscat–met at airport by Golden Tulip Hotel.
<b>Day 1</b>	Meet in hotel lobby 0830 ready to go. Coach and 4x4 to desert, briefing, walk to first campsite. Dinner with Bedouins
<b>Day 2</b>	Day 1 Desert Trek – camels arrive. Lunchtime and evening desert debates at the University of the Desert.
<b>Day 3</b>	Day 2 Desert Trek - lunchtime and evening desert debates at the University of the Desert.
<b>Day 4</b>	Day 3 Desert Trek - lunchtime and evening desert debates at the University of the Desert. Camels depart.
<b>Day 5</b>	Short trek to Desert Camp – lunch, shower, presentations. Coach to Muscat. City tour, farewell dinner, late evening flight home.

## Frequently asked questions

- **What contact will the young person have with Connecting Cultures once they have been offered a place?**

They will receive several e-newsletters giving advice on how to prepare, and what to do once they have been selected.

- **What happens once the young people reach Muscat?**

Participants are booked into a good airport hotel, and are met by the Connecting Cultures team the following morning.

- **What equipment do the young people need to bring?**

Due to the warm climate, very little specialist equipment is required. A list of clothing, and what to pack is issued before departure. All camping equipment is provided.

- **How can participants be contacted in an emergency?**

The selected young people will be provided with an emergency contact number that parents can call in case of an absolute emergency. The desert team is in daily contact with the Connecting Cultures office.

- **What about Insurance?**

All participants must ensure that they have travel insurance that covers flight delay, baggage loss and medical treatment and repatriation.



