



JOURNEY OF A LIFETIME

**EXPANDING HORIZONS,
ENRICHING YOUNG LIVES**

Request for Nominations for the 2024 Journey of a Lifetime

The Trustees of Journey of a Lifetime (JoLt) are looking for disabled and disadvantaged youngsters who could benefit from a month-long, challenging "Journey of a Lifetime". We have already run successful journeys for almost 40 years to many different locations:

- 1984 : Across Siberia, Mongolia and China to Hong Kong.
- 1986 : Across the Australian Outback from Adelaide to Darwin.
- 1988 : From Colombia through Ecuador, Peru, Bolivia and Paraguay to Brazil.
- 1990 : Two groups i) Across Canada ii) Zimbabwe and Botswana.
- 1992 : Along the Silk Road from Beijing in China to Islamabad in Pakistan.
- 1994 : Route of the Gold Rush from Los Angeles to Alaska.
- 1996 : Central and South America.
- 1998 : Lebanon, Syria, Jordan, Israel and Egypt.
- 2000 : The length of Chile.
- 2002 : Vietnam, Cambodia, Laos and Thailand.
- 2004 : The length of New Zealand.
- 2006 : A Himalayan Adventure – North India, Nepal, Tibet and Bhutan.
- 2008 : Through Southern Africa – Namibia, Lesotho and South Africa.
- 2010 : Tip to Tip to Top of Borneo and Brunei
- 2012 : From the Atlantic to the Pacific through Peru, Bolivia, Paraguay and Brazil
- 2014 : Across Africa from Zambia, through Botswana, South Africa to Mozambique
- 2016 : From Singapore, across Indonesia to Northern Australia
- 2018 : Across Peru, across Ecuador to the Galapagos

We were unable to run trips in 2020 and 2022 because of travel restrictions associated with Covid.

The 2024 Journey of a Lifetime plans to travel through Cambodia and Vietnam

The group will consist of

- (i) Up to 18 physically, medically, emotionally or socially disadvantaged youngsters from the UK.
- (ii) Six experienced leaders, including two doctors.

Conditions for Qualification

The youngsters who go on JoLt 2024 must be:

1. Aged 14-21 years.
2. Physically, medically, emotionally or socially disadvantaged.
3. Excited at the prospect of travelling to distant lands.
4. Unlikely to have the opportunity to travel extensively without JoLt.
5. Free from involvement with the law or police prior to the journey for any offence that they have committed.
6. Not involved with drink, drug or solvent abuse.
7. Willing to actively contribute to make the journey a success, and likely to significantly benefit from the 2024 "Journey of a Lifetime".

The Trustees are particularly interested in taking youngsters who have one or more of the following disadvantages:

- deafness or hearing difficulties
- blindness or visual impairment
- a chronic medical condition or reduced life expectancies
- physical disabilities which may or may not require a manual wheelchair (**unfortunately powered wheelchairs are not suitable for a journey of this type**)
- not known normal family life
- experienced neglect and abuse
- are young carers

Trustees welcome nominations of young people of every religion (or none) and of every race.

The Cost

Each person is given the challenge of raising £750 by their own efforts towards the cost of his/ her journey. The remaining cost (approximately £5,000 per youngster) is paid for by JoLt. Major sponsors have included: The Clover Trust and Nexen Inc.

How to Nominate Youngsters

Write as soon as possible and **no later than 24th November 2023 to:**

Simon Gruselle
Chair of Trustees
The Journey of a Lifetime Trust
The Old Forge, The Street
Chipperfield
Herts WD4 9BH

simon@jolttrust.org.uk

Please send TWO COPIES of the following:

i) completed **nomination form** (the original copy and a photocopy)

and ii) letters giving reasons for nomination from each of the two responsible adults supporting this nomination (again the original copy and a photocopy)

and iii) a letter from the young person explaining why she/he wishes to go on the journey (the original copy and a photocopy)

Please note: Incomplete documentation may affect chance of a young person being selected.

Key Dates

Closing date for nominations:	24 th November 2023
Interviews:	10 th February 2024
Preparatory Weekend:	25 th -26 th May 2024
Departure:	13 th July 2024 (provisional)
Return:	3 rd August 2024 (provisional)

www.jolttrust.org.uk



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CHARITY NO:1088591 COMPANY NUMBER:4236414

JoLt 2024 Nomination Form

Please complete the nomination form using CAPITAL LETTERS

Details of Young Person

First Name:Surname:

Address:

Post Code: Telephone.....

Date of Birth (dd/mm/yy):Age on 13th July 2024.....years

Height (cm).....Weight (kg).....

Medical/Health (Note: this section must be completed)

Yes/No Does the youngster have **medical problems** or a **physical disability**?

If yes, please give details:.....

Does youngster use a wheelchair? Yes / No If so, can they self-propel? Yes / No

Name of **Doctor**:

E-mail address.....Tel:.....

Yes/No Has the youngster seen a **consultant** in the last two years? **If yes**, please give:

Name of **Consultant**:

E-mail address.....Tel:.....

Reason for seeing consultant:.....

Yes/No Has the youngster seen a **Counsellor or Therapist** in last 2 years? **If yes**, give:

Name of **Counsellor or Therapist**:

E-mail address.....Tel:.....

Reason for seeing **Counsellor or Therapist**.....

Travel

Does young person have a passport? YES / NO If so, please state country of issue.....

Countries previously visited, with reason for travel:

.....

Has the young person expressed an interest in travelling: YES/NO

Dream Destination:

Details of person making the nomination

Name: Tel:

Address:

..... Post Code:

E-mail address:.....

I consent to the Journey of a Lifetime Trust (JoLt) processing both personal data and sensitive personal data included with this nomination or provided later. [See JoLt's Data Protection document enclosed with this leaflet]

Signature:.....

Capacity in which you know the young person:

Details of second responsible adult prepared to support this nomination

Name: Tel:

Address:

..... Post Code:

E-mail address:.....

Capacity in which he/she knows the young person:.....

Note: Information provided to the trustees of JoLt may be used by JoLt in connection with the selection process and in organising the expedition. It may therefore be disclosed to interviewers, doctors, insurers, contractors and others solely on a need to know basis.

I enclose the following documents (the original plus a photocopy)

- | | |
|--|---|
| <input type="checkbox"/> Completed nomination form (2 copies) | <input type="checkbox"/> Letter from youngster (2 copies) |
| <input type="checkbox"/> 2 Letters from nominating adults (2 copies) | <input type="checkbox"/> Data Protection Form (2 copies) |