

NORWAY NINJAS PROJECT CHALLENGE WINTER 2008

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Numeracy/Literacy	Incorporated throughout training programme
Target Setting	Monthly reviews, weekly action plans ongoing
HSE 1ST Aid at Work	16/17 th January 2008
ASDAN Modules	Problem Solving 20.11.07 Working With Others 07.02.08 Improving Own Learning 07.02.08
1st Residential	13, 14, 15 November 2007
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Main Journey	27 February to 12 March 2008
Duke of Edinburgh Bronze	2 day expedition on 3 rd Residential Ongoing first aid training, physical fitness training and computer skills for other 3 sections
Duke of Edinburgh Gold Expedition	Incorporated into main journey
Presentation Evening	Thursday 24 th April 2008
Job Search/Careers	Ongoing

Training Programme

It is the first day for the new group and there are a couple of familiar faces, as it is their second attempt at Project Challenge. The dreaded paper work takes all day, some of the group really struggle to concentrate and the 'noisy ones' start to make themselves heard.

The group settles down well once they get into the training and new friendships start to form. It doesn't seem long before the first residential is upon us.

1st Residential - Yorkshire Dales

The room is buzzing with excitement and nerves as the minibus is being loaded up. After a tedious drive in the minibus we finally arrive in the Yorkshire Dales and straight away we set off walking. The group only have about seven kilometres to do but for some it was a long day. We went up Gordale Scar which is only a very short scramble but for some it felt like a major climb and challenged their fear of heights. Near the end of the walk the question was asked,

"Is that it for today??!?"

"No you are doing night navigation tonight, after you have cooked your Pasta 'n' Sauce and washed up after yourselves."

"You have got to be *?*x^\$* joking I'm absolutely knackered!!!!"

"You will be ok once you have had your tea, trust us"

"What?! Pasta 'n' Sauce?! Wow! Great!"

The group enjoy their first night navigation session, despite the daunting task of walking alone over unfamiliar moorlands in the dead of night with a map and compass to guide you. Thankfully staff are out on check points to keep them on track if necessary, so with some guidance along the way they finally make it and some of the group even manage to sing.

The morning soon arrives and most of the group did not know there were two 7 O 'clocks in one day!!!! First of all Trudy asks them nicely to get up without much success. It takes a more direct approach from Pete and they start to get ready for the full day out up Pen-y-Gent, one of the Yorkshire Dales' Three Peaks.

The group moves slowly and after what seems to be a long time we eventually get to the top, everyone is smiling and relieved. After a few choice words we set off down the other side and some of the group start to feel tired. The group split with staff spread out amongst them, because unfortunately, it is just one long road back to the barn.

Two of the group are not happy and feel we should have stayed together and give Pete a hard time. Pete tries to get a word in but they are so tired and angry that they just keep on shouting. Eventually they calm down and Pete explains that it is only down the road and he is at the back with them and any way, he has the key to the barn!

After tea we go back out for another spot of night navigation and both groups do really well. There is a real buzz in the minibus and everyone is feeling happy because they know the residential is almost over.

The final morning we do improvised rescue training then head off to the café for a full English breakfast and everyone is smiling.

2nd Residential - Snowdonia

We are three group members down for this residential through illness but the rest of the group are soon loaded up and ready to go. After a long three hour minibus journey we eventually arrive in Wales and set off on a long walk. The rucksacks are heavier and some of the group aren't happy

"You can't expect us to carry all this weight we're not donkeys you know!!!"

As they are only going to get heavier staff just smile and reassure them and tell them it's all part of the training. We get to a stream where some decide (against staff advice) to walk in the deeper water and get their boots wet through, which is a bad move - they still have 3 full days and nights to wear them!!!

We have tea and as expected....

"I can't do night navigation my boots are wet through and my feet will freeze!!"

"Well you should have thought about that before you decided to walk in the stream"

"I can't help it if my **?*x^\$ boots leak can I??!?!?"**

"Your boots don't leak; the water went over the top of your boots!!"

Unhappy, and still grumbling, they reluctantly put their soggy boots on. The group's navigation has improved and they soon arrive at the end.

After a half decent night's sleep, Oats-so-Simple down the chute and some heavy encouragement from the staff team, the group are up, packed and ready to go. Today we're heading up Tryfan, which is a long pull up, and up, and up. The group cope really well and we soon arrive at the top, still smiling. On the descent one member of the group starts to get a lot of pain in their knees and they struggle quite a lot on the way down. It is a member of the group who is usually keen as mustard and never complains so staff are concerned. After arriving back at the barn we have tea (Pasta 'n' Sauce AGAIN!) and discuss how the day went. The group then start to get ready for night navigation, the group member with bad knees says he feels absolutely fine and doesn't want to miss out on night navigation. The night navigation goes without any problem and everyone's happy but dreading tomorrow.

The morning arrives and most of the group are really grumpy, but eventually they get up and get themselves sorted out and we set off on a long ridge walk. Around three hours into the walk the troubled group member's knees start to hurt again and it is decided that Pete will come off the main route and get back to the minibus and pick him up at the next available point. When the

minibus is in sight all the group think their walk is going to be cut short and are far from happy when they find out they have to carry on. The last night navigation is cut short as when staff were setting off to checkpoints ahead of the group, they discover that the path drops away into a lake!! The group don't mind - they think it is great and look forward to the full breakfast in the morning!!!!

3rd Residential - Lake District and the D of E Bronze Expedition

Nine young people have survived the training so far and are as prepared as they can be. The thought of walking without staff for 2 days on their D of E is exciting, but also a bit nerve wracking as there is still a lot of arguing going on. Teams have been set and some are not too keen on the selections; however that's just the way the cookie crumbles.

Once we had arrived in the Lakes the whole group set off for a practice walk to get used to what is coming over the next few days. Andrew our member of staff shadows the group but gives no assistance with navigation. The group do really well and make it to the end point in good time, and reasonably high spirits.

After our rations of noodles and pasta, we do some improvised rescue training using avalanche transceivers. The group do really well with the training, but unfortunately one of the group, Vicky, is ill and it is decided that she is too ill to participate in the Duke of Edinburgh expedition over the next couple of days.

Next morning it's an early start, and although some are not morning people the pack - up and clean goes quite efficiently. Unfortunately, as soon as they are ready to set off the heavens open, and a torrential downpour is upon us. Despite this turn of bad luck the show must go on and it does, at least for the group setting off from the barn! The second group that were to be dropped off at their start point in the minibus by Trudy and Andrew had a slight delay as the minibus would not start. Eventually it kicked in and we set off to take the group to their start point.

Once the group had been dropped off and Andrew is at his check point, Trudy and Vicky head off into town to pick up some vital supplies. A couple of hours later Andrew receives a phone call from Trudy..... the minibus has broken down!!!

Both groups continue their journeys blissfully unaware, and successfully make it to the barn at the bottom of Cat Bells, despite a couple of detours due to bad weather. Unfortunately Peter has injured his ankle about five minutes away from the barn, the drama of which leaves some group members a little flustered, and adamant that walking is definitely not on their agenda tomorrow!!!!

In the morning Peter's ankle is still very swollen which leaves him unable to participate. The rest of the group are up and ready to leave on time and those that were adamant the night before have thankfully had a change of heart.

Both groups set off in opposite directions with clearer skies and the hope of finishing their Duke of Edinburgh at the end of the day. Also as the minibus has broken down we have no option but to return home at the end of the day which puts the group in even higher spirits! We have arranged with base that Malcolm, our Key Skills worker, will drive up in a hired minibus and meet us.

The groups enjoy a brighter day with no injuries so a better walk for all, but just before they reach the minibus it starts to rain. When they arrive at the minibus we tell them that its fish and chips for tea!! Smiles all round and it warms the damp spirits from the last half an hour's shower!

The drive home is long but welcome and the group are buzzing after completing their D of E!!

The Main Journey

Wednesday 27th February - Travelling

We are all getting ready for the final weigh of our rucksacks at Project Challenge. The group were a little unorganised, but eventually all the bags are on the minibus and we're heading for Liverpool Airport. Malcolm and Lorna drop us off and we go through the tedious check in process. We have time to kill in the airport so our eight young people head for the shops and arcades.

Our first full drama came when one Young Person who had not flown since he was a small child, downright refuses to get on the plane. The staff all try their best to persuade him however it takes the efforts of an Air Hostess, a Baggage Handler AND the Pilot to convince him that a Scotch will do the trick. The disappointment kicked in when Pete told him (once safely on the Plane) that alcohol is not allowed whilst on any Project Challenge training.

After a nervous take off for some of the group that had not flown before, all was, eventually, calm.

We land at Oslo Torp Airport at 9.15pm, local time. Unfortunately we still have a long way to travel and it takes a long bus ride to Lillehammer, with a stop off for a Hot Dog along the way. We finally arrive at around 2.30am!! The drive was fine and the driver had some funky English CD's that we could rock on to along the road.

When we got to our hostel we met Mike briefly, and then crept in so as not to wake the rest of the building.

Thursday 28th February Travelling/Training day

Early the following morning Pete and Mike head down to the DNT Office to get all our Memberships for staying in the Huts.

Trudy and Andrew start organising the group, then Trudy receives a phone call - the main DNT Office has moved - so we will have to buy food while they locate the office, because there won't be time when Mike and Pete return.

We buy supplies for the next couple of days then meet Mike and Pete back at the Hostel and finish packing whilst waiting for the minibus that takes us to Fallet, our Start Point.

On our travels we saw a moose happily grazing away at the side of the road and couldn't take our eyes off the amazing scenery. We arrive at Fallet, the barn is very nice and there is plenty of SNOW. We have a quick bite to eat before going out on our Cross Country Skis for the first time and on SNOW!!!

Mike helps us all to master (yeah right) the art of balance. We head off down the track and for many of the group they experience the first fall of the expedition. We are all out for a couple of hours and the group do extremely well and enjoy it, which is an added bonus.

We get back to the Barn and have 'Spag Bol' for tea. After tea we have a brief chat about our training day tomorrow and also discuss our expectations of the group, and vice versa, for the whole expedition.

Friday 29th February - Training Day

Today we are going to ski a total of 12km on a circuit that will bring us back to the barn. We were up at 6.30am and had done most of the packing the night before to give the group more chance of being on skis for their deadline of 9am, they were only ten minutes late which is a good start.

We started the day along the same track as yesterdays 'play day' and less people fell than yesterday which is a good start. We head through some trees and it lightly starts to snow. Once off the well worn track the group discover that it is much easier to ski on the deep snow. The group are only carrying light rucksacks just so that they can get used to the different balancing techniques for the first day tomorrow.

Part way through the day, on the return leg, Mike shows the group how to dig a trench with an area for a fire. Meanwhile some of the group are whizzing down the hill in practice runs, others don't get as far as the top without falling, but it doesn't wipe the smiles off their faces.

All in all it's a successful day and the group are given a good example of what tomorrow will bring. We have cottage pie for tea accompanied by Macaroni and cheese, interesting but delicious never the less.

Saturday 1st March - Day 1 Expedition - Fallet to Doralsetter

Today we have 14km to ski, with full rucksacks, and are heading to Doralsetter. We headed down the same track as yesterday (third time lucky, not to fall!!) then once through the trees headed off in another direction. The weather was very good today and the good visibility allowed for some tremendous views.

We stick well to our designated breaks and have our first chance to fit the skins on to our skis to help us ascend the first real climb of the Journey. All the group manage to stay reasonably close and move at a steady pace. That is, up until around halfway through the day, when the group start to separate.

As it starts to turn dark the cabin is in sight and we all arrive in dribs and drabs, but only with twenty minutes between front and back. This is great especially for the first day. When we arrive at the cabin we meet a solitary Norwegian man who was heading in the same direction as us. Careful not to disturb his peace we sort out sleeping arrangements and make sure we keep track of all our kit.

The ones that had arrived first had started the chores by fetching wood and snow for water, and lighting the fire. When we were all present and correct we have our rations of noodles or Pasta and Sauce (which is a quite healthy ration) and hit our sleeping bags.

Sunday 2nd March - Day 2 Expedition Doralsetter - Rondvassbu

Today was another 14km day; however it went a lot easier than yesterday as the group are getting used to the movement and carrying a full rucksack. After a slight pull up and along we start to descend a long gentle slope which make the kilometres disappear under our feet, as we headed to Rondvassbu.

As we neared the bottom of the slope we reach what was christened 'The Lake of DOOM!!' We had explained prior to setting off that today would involve skiing across a 3km frozen lake. The groups' main fear at this point was that the lake would crack - despite the staff's reassurances that the ice is over four foot thick! Once on the lake the fear changes to, 'is it ever going to end??!??!?' We were skiing at the bottom of a snow filled valley and it felt like it went on forever. Thankfully it didn't and we arrived again in dribs and drabs, but the gap was a bit larger this time as some of the group were struggling with blisters and general exhaustion!!

Rondvassbu is a catered cabin, which is open seasonally, so there is the chance that tonight's meal will be provided and there will be **ELECTRICITY** and **RUNNING WATER!!!** However we daren't say anything to the group because until we get there we won't know if we are fending for ourselves or not!

When we arrive at our room for the night, which is in the style of a dormitory, we sort out our kit as usual and Mike goes to check if the main cabin is open and still serving food. The rest of the group arrive and Mike returns with the happy news that the Norwegian fellow that we met at Doralsetter had passed by a few hours earlier and informed them of our group and that we were planning to stay there. We were extremely grateful as the kitchen stayed open late especially for us and provided a wonderful three course meal. Some of the group didn't like the menu, however we explained that they were lucky to be provided with anything so late in the day, which changed a few opinions and they ate it regardless.

The group played a few games of cards back at the dormitory after tea and then went to bed.

Monday 3rd March - Day 3 Expedition Rondvassbu - Eldabu

We wake up with the news that breakfast will be provided by the kitchen. There was plenty of freshly baked bread, cereals, ham, salami, cheese and smoked salmon!!! We all ate our fill and made packed lunches for the day.

Andrew and Nick led the group at a steady pace up and around as we contoured today's mountain. As we neared the top the boys started us off in a chorus of any song that popped into their heads, ranging from 'Take That' to 'Queen'!

After we pulled over the pass we then whizzed down the other side and headed to Eldabu. When we got close to the cabin the route was caned which made the navigation a lot easier. Yet again we arrived in dribs and drabs with the faces changing both at the front and the back.

At the cabin we sorted out beds and some of the staff had to sleep on the floor along with Jamie who volunteered himself. The chores were done and everyone was glad to just chill out and rest. Vicky (one of the group members) was suffering from a toothache and was complaining of the pain inside her mouth but at first she insisted that she would be fine.

Tuesday 4th March - Training Day at Eldabu

Two problems had developed over night, the minor problem was that Jamie regretted sleeping on the floor and had developed aches and pains. The major problem was Vicky's mouth infection had worsened massively! The staff discussed our options and it was decided that Vicky and Trudy would ski out with Pete to the nearest town and Dentist. Then Pete would ski back.

The rest of the group were having a training day with Mike and Andrew. This included whizzing down hills and learning different techniques from Mike.

The group went first, before Vicky. When we returned an hour or so later for a brew Vicky was still there!! It turned out that whilst we were skiing Trudy

and Pete were trying to persuade Vicky that the dentist was definitely the right move; however Vicky had got 'Super' nervous and refused to budge!!

Whilst we were writing the rota for the chores for the rest of the journey, Pete, Trudy and Vicky finally set off down to the town to take Vicky for some antibiotics from the Dentist. We had pancakes for lunch and before we had finished and set off back outside Vicky, Trudy and Pete had returned as the winds were too strong and Vicky was too ill to ski.

After Pancakes we went back outside again with Mike showing us different skiing techniques. After a lot of jollyng around with plenty of falling over, Mike showed us in two separate groups two different types of snow hole. One is called a 'Shovel Up' which involves digging a trench in a circle and depositing the snow in a mound in the middle of the circle and then hollow out the mound creating a snow cave!! The second snow hole involved digging a straight trench then placing your skis across the top, and making a roof of snow on top of your skis!!

The second snow hole was quite a bit more cramped but was finished sooner and would be more efficient in an emergency. The first Snow hole was more spacious and could be made a lot bigger if necessary. Thankfully the weather stayed great while we dug which made for all the more fun!!

We had pasta or noodles for tea and then Vicky got picked up by the Red Cross on an emergency snow scooter with Trudy. We were all sad to see them go, (some even wanted to jump on the scooter) but we are all aware that it's for the best.

Wednesday 5th March - Day 4 Expedition Eldabu - Grohagdabau

We were woken up at around 6.30am and were only twenty minutes late for our setting off, which was much better than our previous hour lateness.

Today we set off after a thorough tidy up and some of 'Peter's Pretty Potent Porridge' we pushed on for an hour and forty minutes rather than the usual hour, much to the group's disappointment!! However, in that time we clocked

5km and had knocked off a third of our day's route. There was a lot of complaining about the missed break but it was all light hearted.

The day was flying by up until we reached our main pass for the day when a white out made our visibility non-existent and the wind came up and all around us from every angle!!

We powered on regardless and finished at 4pm which was amazing especially considering the weather.

Our evening meal was Sodd (a kind of stew!) and rice mmmm delicious!!!

Thursday 6th March - Day 5 Expedition Grahogdbu - Jammersdalsbau

Another 6.30am start as we commence what was a very good clean up and then we set off in some amazing weather, not the same amazement as yesterday's white out, but the sunny clear day was just as spectacular.

The views were absolutely fantastic, you could see right across the valley. In our first hour we skied 3km which showed that the group were starting to feel confident on their skis and getting used to the demanding exercise.

Much to the group's pleasure towards the end of the day Pete fell in an unseen ditch which we had all crossed and unfortunately failed to mention to him!! Pete's saving grace came momentarily when a Norwegian DNT Guide skied ahead of his group and 'head planted' right next to him!!!

Tonight we discovered Lapskuss which is THE stew to have if ever you happen to be cross country skiing across the Norwegian mountains!!! Vicky and Trudy have met us at Jammersdalsbau, and we are all happy to be as one again!!

Shortly after we arrived six Army trainees arrived so it was a tad cramped!!

Friday 7th March - Training day at Jammersdalsbau

We had a welcome 8 O'clock lie in today while we waited for the soldiers to pack up and leave as we were having a training day.

We go out on our skis and the group demonstrate their navigation using their compass, which is much more difficult in the snow. Some did very well but others were not so successful.

We returned for dinner, after which Nick decided to DIG!!!

Later Andrew and Peter joined in and they had a great idea for a palace sized 'Shovel Up!' Nick built a tunnel into the side of a snow drift while the others dug the circular trench. Pete later joined the cause and what resulted was in a major four and a half hour dig and a mega snow cave!!! Two lads decided that they wanted to sleep in the snow cave, and Andrew was told that as part of his winter expedition induction he must as well. To Pete's bewilderment he is rather enthusiastic!!

After the mornings training and the afternoons rest, the group were very soon ready to hit the sleeping bags, (especially those that had chosen to dig a snow hole in the afternoon!!).

Saturday 8th March - Day 6 Expedition Jammersdalsbau to Vetabua

Unfortunately Vicky's mouth infection was back with a vengeance so she and Trudy had to stay behind which made it all the more difficult for the group to leave and say goodbyes again. When we eventually set off (after one of the group members had blatantly refused to ski or even move!!) it was in another white out. This lasted all day! The group still skied very well and covered good ground despite the poor conditions.

Morale was quite low as the lack of visibility was hugely de-motivating; Mike however had foreseen the glum faces and had brought with him a packet of biscuits to munch!!!

When we finally arrived at Vetabua, which is a great cabin, we had spaghetti sausages and mash for tea! With Pineapple rings for pudding!!! YUM YUM!!!!

Sunday 9th March - Day 7 Expedition Vetabua - Djupslia

We set off skiing after porridge and packing and discovered much to the group's displeasure that the temperature had risen causing the snow to ball up and stick to the bottom of your skis!!! This infuriating problem coupled with the daunting 28km we had to ski tomorrow knocked morale a peg or two lower.

The snow continued to stick all day and, at one point, Peter decided he had had enough of the snow sticking to the bottom of his skis so took one off and his leg immediately sunk in the snow up to his waist. After struggling against this awkward position Peter and the rest of the group come to the conclusion that the skis do have a purpose and even though they are building up with snow, are much better than wading through waist deep snow!!!

The group stayed together much better today and all the group arrived at the same time. For the last 2km the sun was shining brightly and we arrived in high spirits. In the comforts of the cabin the view of tomorrow changes from daunting to the final challenge as it will be their last day on skis.

Monday 10th March - Day 8 Expedition Djupslia - Gaiastova

The staff are up at 4.30am this morning, and wake the group for breakfast at 5am. Not only are we up early to ensure we cover the distance, but if we don't make it by 5pm then the shop will be closed and we won't be able to buy food!!!!

By 10.45am we had done 16 of the 28km that we had to do today. Driven by the morning's success we closed in on civilisation where we saw more and more skiers! Most of them were whizzing past us like ice skaters, although they didn't have a huge rucksack on their backs!! We start to see roads and power lines and cars!!

The weather was considerably poor and visibility was again zilch! However this did not dampen the spirits today as the group knew it was the last day and that the finish line was well in sight. At the finish line we met Vicky and Trudy who had arranged accommodation at Gaiastova, some apartments that were much better than anywhere we were normally used to with electricity, water and a TV, as they were the only place available. After we had all showered and changed into some clean clothes, Mike had managed to hitch a ride from the bloke who works in the shop! So we say our goodbyes.

We had hot dogs, burgers and chips for tea accompanied with coca cola, much to the joy of the group.

Tuesday 11th March - Travelling home

After a brilliant night's sleep we got up and had cereal for breakfast, a welcome change to porridge!!! We got the bus down out of the mountains and had a long wait for the bus to Lillehammer Station. We then got a taxi to our accommodation, which we soon discover is two tiny cabins. This is very hard for the group as they have had the open outdoors at their disposal for the previous nine days expedition and now they are confined to two "chicken huts!!"

Later in the evening we go for a celebratory pizza of which none of us could eat a full one as they were humongous and our stomachs had shrunk somewhat considerably!!

Wednesday 12th March - Homeward Bound!

Today is a very strange day, as we all know that we are leaving but, as it's late in the day that we go there is a lot of time to kill. The group watch American TV all morning and even watch some skiing tournaments on the television in the "chicken huts."

When the time comes to leave we have our usual cleaning of the hut, and set off walking to the train station rotating the job of carrying the ski bags on the way.

After a quick bite to eat, we endure a four hour train journey from Lillehammer to the airport. Again the group are lively as they have been used to doing highly physical exercise and burning loads of energy. All goes well though and we eventually get on the plane and fly home, the group still trying to comprehend what they have just achieved. For some this may take days, months or even years, but when it does they will realise that what they have accomplished here, can be transferred into the outside world, through work, family or social life and, whatever life throws at them, this experience will help them rise to the challenge.

Project challenge was really good, I liked doing boxercise and going on all the walks. I have learnt quite a lot from Project Challenge. The expedition in Norway was great I would love to come back and do it again

I have just completed project challenge and I thought that the training was easy but when I got to the final expedition it was a lot harder and it puts a lot of pressure on u and I think more young people should do project challenge for the experience.

I really enjoyed Project Challenge. It helped me learn how to deal with physical pain (I had to carry a heavy rucksack) and my mental problems. I also learnt how to work out problems and how to control my anger. The biggest thing I learnt was to never give up no matter how hard.

The staff are very good and gave me lots of help to make my own decisions especially when things were going badly and I wanted to leave.

Project challenge has got me into Huddersfield Technical College where I am on the Xplorer course. It has helped me to get on a fitness instructors course as well.

I think more people should do Project Challenge because it is very good to help people deal with drug, home and social problems.

When I joined project challenge after the group had completed the first residential, I was a little sceptical on whether or not I'd missed an important part of the training and would be lagging behind the group because of this or would have difficulty bonding with members of the team. When on the second residential in Wales (my first residential), I realised that I was at the same level as everybody else in the group regarding navigation and other skills - this was probably down to the regular training provided by the staff. I enjoyed the residential thoroughly and I was very pleased with how the staff carried this out; they were organized, helpful and informative. All throughout the program, the staff maintained this high standard which was impressive.

I enjoyed the training aspects of the course and learned many outdoor skills that could (possibly) be used again. The extra qualifications that could be gained through the program could definitely help in interview situations like the; first aid at work, the Duke of Edinburgh Bronze and IOSH health & safety certificates.

All in all, I am glad I participated in Project Challenge, there were many great experiences to be had (the Norwegian expedition in particular) and I am sincere when I say I have much faith in this program.

Achievements

The 'Norway Ninjas' Team Achievements

	JA	DC	PD	BF	VJ	JL	NC	CO
BHF	★	★	★	★	★	★	★	★
ITC	★	★	★	★	★	★	★	★
HSE		★	★		★	★	★	★
IOSHWS	★	★			★	★	★	★
NNAS B	★	★	★	★	★	★	★	★
IMP	★	★	★	★	★	★	★	★
F4L	★	★	★	★	★	★	★	★
NNE	★	★	★	★	★	★	★	★
D of E B		★	3/4	3/4	3/4	★	★	★
D of E G	★	★	★	★	★	★	★	★
FMP	★	★		★	★	★	★	★
E2E	★	★	★	★	★	★	★	★
ASD IOL	★	★	★	★	★	★		★
ASD PS	★	★	★	★		★	★	★
ASD WWO		★		★	★	★	★	★
SSSA		1	3	3	3	2	2	3

KEY

BHF	British Heart Foundation Heartstart Award
ITC	2 days Immediate Temporary Care First Aid
HSE	HSE First Aid at Work
IOSHWS	IOSH Working Safely
NNAS B	National Navigation Award Scheme Bronze
IMP	Improvised Rescue Training
F4L	Fit4Life Fitness Training Programme Certificate
NNE	Norway Ninjas Expedition Certificate
D of E B	Duke of Edinburgh Bronze Award
D of E G	Duke of Edinburgh Gold Expedition Section
FMP	E2E Film & Media DVD Project
E2E	Completion of E2E Training Course
ASD IOL	ASDAN Improving Own Learning Level 1
ASD PSS	ASDAN Problem Solving Skills Level 1
ASD WWO	ASDAN Working With Others Level 1
SSSA	Snow Sports Ski Award (Level)

Norway Ninja's Expedition 2008

Christopher Owen

Vicky Jackson

Peter Dalzell

Damian Coleman

Nicholas Carter

Benjamin Fieldhouse

James Ackew

Jamie Lynch

The Expedition Staff Team

Pete Dawber

Trudy McLaughlin

Mike Cumbes

Andrew Cannon

Thank You's

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The Management Board

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The Training Partnership Unit

Action Halifax - for the last three years of funding

Rawthorpe Boxing Club

The Earth Collection

Keith at Fell & Mountain Outdoor Equipment

Connexions West Yorkshire

Rotary Club of Halifax

Ladies Inner Wheel

HBOS in conjunction with Colin Gaunt (computers)

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Nestle

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Ian & Bernie of Mountain Water Safety

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Ted Howarth (R.I.P.)

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