

Safer Travel Education | Interactive Workshops

Caroline's Rainbow Foundation is a registered UK charity, working to raise awareness of the importance of safer travel to anyone going travelling. We believe travel can broaden horizons. We always encourage people to 'follow their dreams' but to also recognise and prioritise life's values every step of the way.

"We wanted to speak directly to our next generation of travellers. Highlighting the potential risks involved in world travel, but also to inspire them to travel and take their opportunity to see the world."

Our Safer Travel Interactive Workshops are delivered by our team, who are all experienced travellers and have undergone our extensive training program. They fully understand our safety principles, awareness techniques and risk strategies. During the workshop they also tell some exciting stories and personal anecdotes from their adventures.

Caroline's Rainbow Foundation's education program operates throughout the UK.

We tailor the workshops to the travel requirements of each group. There are 8 essential modules and a selection of additional modules.

"There is a real need for young people who are setting out into the world to travel, work or study abroad, to consider their safety and understand the risks and challenges they may face.

Our mission as a charity is to raise awareness and increase knowledge, by providing the tools for people to actively engage with the safety risks out there in the world." **Richard Stuttle**



"Richard gave a great illustrated lecture to our Sixth Form. His talk seamlessly combined the essential travel safety advice at the heart of the Foundation with inspirational accounts of his own adventures.

Students were captivated by Richard's stories and pictures of him stroking tiger cubs, white water rafting or enjoying sunset on an Australian beach, encouraging them to explore the world too. But as Richard said, much of the advice applies just as much to a trip to London or any other big city.

I would certainly invite him back to speak to the next cohort of students."

Ben Fuller Head of Government & Politics. St Peter's School, York

Travellers Interactive Workshop

The 8 essential modules cover – planning an experience, travel safety during an adventure and returning home.

VR Experience | The Airport

We have developed a Virtual Reality 'Airport Scenario' for travellers.

The fully immersive experience takes players through – arriving and checking in at the airport, all the way to boarding a flight. Each stage offers safety insights and awareness objectives. The experience is a game changer for people to understand the risks when travelling and test their knowledge in a safe environment.

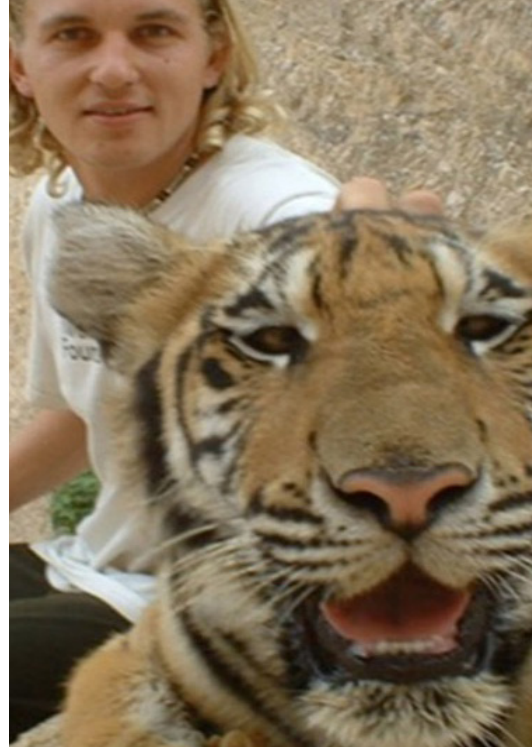
There are a selection of additional modules which are tailored to the requirements of the group.

Essential modules

- Module 1 – Planning your adventure
- Module 2 – Before your adventure begins
- Module 3 – Preparation and booking
- Module 4 – Post pandemic travel
- Module 5 – Personal and well-being
- Module 6 – The K.A.R principles
- Module 7 – Maximising your opportunities
- Module 8 – Returning home

Additional modules (Choose 3 – tailor your safety course)

- Module A – Winter Ski and snowboard escapes
- Module B – Summer surfing, diving and beach sports
- Module C – Camping and glamping
- Module D – City breaks, weekend escapes
- Module E – All-inclusive Hotels
- Module F – Road trips, camper vans and car hire
- Module G – Backpacking, extended holidays
- Module H – Organised tours
- Module I – Family holidays
- Module J – Study abroad
- Module K – Volunteering opportunities
- Module L – Female travel
- Module M – Solo travel



“I think the most important message that I took from the talk is the need to prepare and plan for world travel.

There is a lot more to consider than I was initially aware but Richard outlined useful questions that could help us to prepare. Caroline's story really made me realise that travel can be amazing but that we should always take our personal safety seriously.”

Year 12 Student



Work with us to educate and empower your students to embark on their own “Safer Travel” adventures.

Essential Modules

Understanding the risks when travelling is essential before you embark on your next adventure. The world is an amazing place and should be accessible to everyone who wishes to travel. Our aim is to give people the information they need and the ability to react appropriately in any situation they may face.

Module 1 | Planning your adventure

There are so many opportunities out there in the world it is sometimes difficult to decide on your next adventure. This module is designed to make you think carefully about where you would like to go and what experiences you would like to have.

Module 2 | Before your adventure begins

Start getting excited, there is a great deal to be done in preparation. Research is key. When you are actually on your adventure time is precious, in the planning stages you have the opportunity to research and find out all the information you might need.

Module 3 | Preparation and booking

It is always advisable to book your experiences in advance, book at least your first night's accommodation. From your research you should have been able to find out if there any events or festivals happening when you plan to visit. This could affect availability for your accommodation and experiences as well as the price.

Module 4 | Post pandemic travel

Coronavirus is a major consideration for any travelling experience now and for the foreseeable future. It's important to find out what restrictions are in place for UK travellers in the destinations you wish to visit.

"The images used excited students and Richard's message of mindfulness is highly relevant. He encouraged them to step away from their smart phones, switch off social media and be present in the moment – advice that really resonated.

Of course, the message of safe, well-planned and thoughtful travel is imperative to the work of Caroline's Rainbow Foundation. Feedback from students highlighted their appreciation that effective planning can result in safer and perhaps even more enjoyable travel.

We were so pleased to be able to support the fantastic work of Caroline's Rainbow Foundation, promoting the joy of travel while furnishing students with the information and skills to do it safely."

Leanne Norton Assistant Head of Sixth Form. All Saints RC School, York



"To travel is a blessing. Having the knowledge to see the world in a safe and secure environment means you can travel with confidence."

Essential Modules

Module 5 | Personal and well-being

When travelling the two things that are completely in your control are your belongings and your attitude. Firstly, it's important to only take with you the things that you will definitely use, especially if you are travelling for long periods. Secondly, preparing yourself mentally is vital as on any travelling experience there will be stressful moments.

Module 6 | The K.A.R principles

The K.A.R principles were created by Caroline's Rainbow Foundation to offer people three pillars of consideration relating to safety.

K.A.R stands for

- Knowledge
- Awareness
- Response

Module 7 | Maximising your opportunities

Making the most out of your adventure. With comprehensive knowledge of the places, you want to visit, your excursions booked, and highlights planned. It is also in a good idea to leave room for new opportunities, be open to meeting new people and changing your plans.

Module 8 | Returning home

All adventures must unfortunately come to an end. It can be a very strange feeling arriving back home, in one sense it's a great relief and lovely to be back to see family and friends. Another feeling is that your great adventure is over, the excitement has gone and normality resumes.

“Caroline's Rainbow Foundation is an amazing organisation. Richard's passion for travel and for planning ahead and reducing risk made them think about travel in a different way.

It also made them think about how to get the most out of their opportunities for travel.”

Anne Connor Head of S6 History and Modern Studies Teacher. George Heriot's School, Edinburgh



If you are ever confronted by anyone wanting to take your personal belongings, just let go! “Nothing is worth more than your life.”

Costs

Essentials + 3 additional modules

- Face to face courses | £147 per person (6 to 12)
- Online workshops | £97 per person
- Discounts available for group bookings

Essentials + 5 additional modules or bespoke courses

- Face to face courses | £177 per person (6 to 12)
- Online workshops | £137 per person
- Discounts available for group bookings

Find Out More

If you are interested in a Interactive Safer Travel Workshop for your School, College, University or organisation or group, please get in touch.

For more information please email
contact@carolinesrainbowfoundation.org

“The message was an important one – to be aware, prepared and sensible while travelling. However, this cautious message was delivered in a way that left me feeling inspired and excited to travel in the future.

I enjoyed Richard's personal stories about the many adventures he has had – I can't wait to have similar experiences perhaps on a Gap Year. The presentation was not only inspirational but I also found it aspirational.”

Year 12 Student



For more about Caroline's Rainbow Foundation
please visit | www.carolinesrainbowfoundation.org