

**Veteran 1** (part of the exchange since 2014)

“The Norway winter expedition is a great opportunity for the cadets and adult volunteers. I’ve been on a few exchanges and it’s a great opportunity for me to rekindle friendships with the Norwegian instructors and also meet new people and being immersed in their culture. During the expedition



there are always surprises. We take cadets for new adventures and experiences, even this year two cadets had never flown before and to be part of the expedition giving them the opportunity for even some of those adventures is absolutely amazing. The trip gives all of us an opportunity to develop new skills, build confidence and resilience and push ourselves outside our comfort zones to enable us to come back more confident, enthused, and really enjoying the time that we’ve had away gaining the new skills.

During the expedition there are always those moments and nuggets that we really hold onto. This is why we do this expedition and why these experiences are so important. This year there was a cadet who I knew prior to the exchange, they were very shy, very quiet and didn’t really engage in conversation back at the home location. Throughout this trip they absolutely amazed me. They have been so talkative, engaged with the skills, and they never gave up at any point even when they were really struggling with the cross country skiing. They always had a smile on their face and I saw a completely new side to this cadet, which was just an absolute joy to see”

**Major Dunc Holmes and Captain Sam McEndoo**

“Seeing the interaction between our Cadets and Norwegian home guard youth is really interesting, experiencing each other’s cultures, communicating and working together as a team, sharing knowledge and achieving the end goal together. Without the Norwegian cadets, our cadets would struggle and their help is invaluable during the expedition and we really appreciate everything that they do and gift the cadets and the adults, we make friendships from this trip that we will take forward forever.

The motto in the ACF is to inspire to achieve, and I think all of those that attended the expedition have embraced that and completed that fully whether it’s instructors that facilitate it, or all of those who took part in something so different to their normal routine. Still now a few days after the trip I’m still smiling and looking back at the great fun and time that I had while on the expedition. I’m just telling the story to all of my friends and colleagues at work and just explaining what we got up to just amazes them as they never thought they’d be something possible like that out there. It motivates me to apply again in the future”



**SI Holly Chamberlain, Major Sal Oakley & SSI Ed Knott**

UT Expedition Grant number: UTX 02923/23  
The Royal County of Berkshire ACF Norway Exchange – Veterans accounts

**Veteran 2** (part of the exchange since 1998)



“The expedition gave me a chance to be part of the development of the Berkshire Youth in a challenging and new environment. I saw and hopefully assisted young people learn new skills and conquer fears of the unknown and unexpected.

Apart from the comradery, relationships formed, experiences gained and challenges overcome this exchange has helped the young adults of Berkshire ACF grow in maturity knowledge and has assisted them in developing further as wonderful members of our community.

My level of job satisfaction is at its usual high after one of the most smooth-running exchange visits, I have participated in”

**Captain Brett Cave & Captain McEndoo**

**Veteran 3** (part of the exchange since 2018)

“I have been very fortunate enough to experience the Norway Exchange for a third time and with every trip comes new experiences and learning opportunities. I find with each trip I gain new skills and get the opportunity to improve on skills of old. This in turn puts me in a stronger position to help cadets and new CFAVs alike at experiencing the Norwegian routine and what to expect. It is a fantastic opportunity to embrace a foreign culture, try a new language and forge new friendships. As



is the ACF’s motto “To Inspire to Achieve” and watching our cadets demonstrating just that, is a testament of how important this exchange programme is. Cadets and CFAVs, including myself return with new skills and a sense of accomplishment having pushed ourselves outside of our comfort zone. An experience of a lifetime”



**Lieutenant Chad Fitzgibbon**

**SSI Knott, SI Chamberlain and SMI Daz Batchelor**