

## The Royal County of Berkshire ACF Norway Exchange – More Cadets Accounts



**Cadet CPL Freddie Shaw (17), Band unit** “A very enjoyable experience. The exercise was not for the faint-hearted, but came with a fantastic sense of achievement once completed. The Norwegian cadets were extremely helpful, providing insight into all aspects of Norwegian living, whilst also showing incredible patience when I fell over on the skis (a very frequent occurrence), was there to offer a helping hand every single time. The instructors were also supportive and their excellent instruction made lessons engaging. Outstanding facilities made our stay more pleasant, and the food provided was delicious. An experience of a lifetime in which I made lots of new friends, an experience which I will never forget. “

**Cadet LCPL Rosie Cowen (16), Band unit** “Going to Norway was an amazing experience and one that I

will always remember. We learnt a lot and the Norwegians were amazing”



**Cadet SGT Liam Fitzgibbon (17), Maidenhead unit** “I enjoyed the training, culture and living with the Norwegians.”



**Cadet LCPL Leo Blayden-Ryall (17), Windsor unit** “During my time on the Norway exchange I learned many new skill and methods of training in harsh winter conditions. I felt that I always had the opportunity to push myself and work with the person beside me to complete tasks such as fire-building, setting up snow tents and many more experiences that would have not been possible. I feel very lucky to have been part of this exchange and will use the skills I have learned in the future.”





**Cadet CSM Freddie Hills (16), Aborfield unit** “My experience was exciting as we learned how to military cross-country and downhill ski. There was always something to do which meant we were never bored. I have made some new friends and closer to those I already knew. The weather was beautiful.”

**Cadet CPL Mia Lambert (16), Band unit** “It was one of the most incredible and most exhausting weeks ever. I made great friends and did things I never thought I would do; it was absolutely amazing.”



**Cadet SGT Robbie Cooper-Dean (17), Band unit** “It was a great experience for everyone. I especially enjoyed the skiing. The landscape and scenery were stunning and beautiful, around every corner was a picturesque skyline.”

**Cadet Amirah Qayyum (17), Aborfield unit** “I really enjoyed the Norway trip as I got to meet new lovely people and I learnt how to ski (even though I still can't ski to save my life!).”



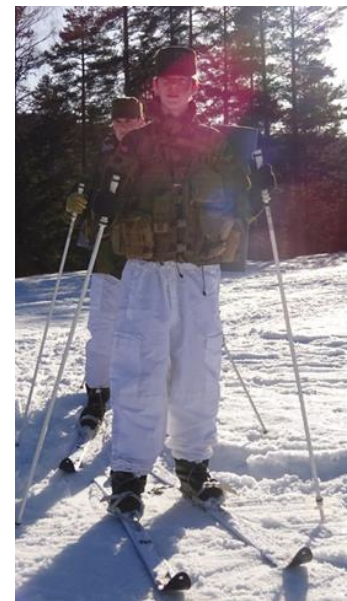


**Cadet SGT Holly Marshall (16), Burghfield unit** “This trip has taught me so much about confidence and self-control. It has opened my eyes to cultural differences. I have made lots of new friends and I miss Norway already.”



**Cadet SGT Oliver Fripp (17), Wokingham unit** “This trip has pushed me both physically and mentally in a way that has increased my productivity through being challenged, this is something I hope to keep up.”

**Cadet LCPL Edward Lacey (15), Band unit** “The Norway exchange was very challenging but equally fun and rewarding with great food and friendly people.”



**Cadet LCPL Tom Aslett (17), Aborfield unit** “Fun and tiring. A bit cold for my liking but would go again if I could.”



**Cadets from The Royal County of Berkshire ACF Norway Exchange 2023**