

**The Boys' Brigade in Scotland
Royal Marines: Look @ Life
9th - 13th November 2015**

This November will once again see YLN travel to Commando Training Centre, Royal Lymstone to participate in The Royal Marines' Look at Life course. Following two previous visits, and successful sessions at KGVI, BB seniors and young leaders from across Scotland will have another opportunity to train with The Marines.

You'll have the chance to live like a Royal Marine for a week, being put through your paces in a similar way that a new recruit would be – completing the endurance and obstacle courses; building outdoor shelters and 'coming-up'; and learning about the life of a Marine.

They say that 99.99% need not apply. We look forward to you joining us to find out why!



- When?** 9th – 13th November 2015
- Who can come?** BB Seniors and Young Leaders aged between 16 and 25.
- What do I need?** A general level of fitness; a sense of adventure; and a 'never give up' attitude!
- Programme** The week will be organised by the Royal Marines, and will follow their general 'Look at Life' course. This will include learning about the life of a Marine; attempting their obstacle and endurance courses; taking part in their entry fitness and swimming tests; and a number of team building challenges.
- Cost** There is no cost for the visit to CTC Lymstone. However, due to the early morning departure from Edinburgh, we will likely meet in the city on Sunday 8th to have dinner as a group and stay in a central location. There may be a small cost for this, but it will be no more than £20.
- Other info** The week with the Royal Marines meets the requirements for the DofE Gold residential. If you would like to use this as your residential, let us know when confirming your place.
- Interested?** Please get in touch using the details below to register. Places are limited, so please get in touch as soon as possible! The deadline for registering is Monday 14th September.

If you would like some further information, or have any questions regarding the trip, please get in touch with Paul O'Shea by email paul.oshea@boys-brigade.org.uk or by phone 07415 277301