

2023 UNITED KINGDOM INTERNATIONAL EXCHANGE XE-GBR

Dates: Dates for the exchange are Tuesday, 4 July 2023 through Wednesday, 19 July 2023.

General: The NSCC is authorized to send 4 cadets (male or female) and two adult volunteers. The United Kingdom has invited most International Sea Cadet Association (ISCA) countries to participate.

Qualifications:

- Must be 16 or older
- **Must not turn 18 before the end of training, 20 July 2023**
- Must be PO3 or above
- Must not have previously participated in this exchange
- Recommended by Unit CO
- Be in good physical condition

Training/Activities:

London: Cultural/Sightseeing – Tower of London, Big Ben, London Eye, Buckingham Palace, Science or Natural History Museum, and Parliament. Shopping – Harrods, Hamleys and Oxford Street. Cadet Voice – Forum at Sea Cadets National Support Centre.

Weymouth: Boating – could include Sailing, Powerboating, Rowing, Paddling or Windsurfing. Adventure Training – Hill Walking, Rock Climbing and Mountain Biking. Social Action Project – Royal National Lifeboat Institution (RNLI).

Portsmouth: Cultural/Sightseeing – Historic Dockyard and harbor tour, Gun Carriage tour and Submarine Museum visit. Training – Drill, Royal Navy Ship Visit, First Aid, Seamanship and Marine Engineering, Whale Island Treasure Hunt.

Throughout there will be visits to local Sea Cadets units. All visiting cadets and escort officers will be fully integrated with UK cadets throughout the exchange.

Other Notes:

- Weather in the United Kingdom in July is humid but cool with temperatures ranging from highs in the low 70s F and lows in the mid 50s F.
- Currency in the UK is in Pounds Sterling (GBP)