

## Mark Cresswell

Date of Birth: 01/12/76

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## Expedition Leader & Outdoor Pursuits Leader

### Previous Expedition Experience

#### Long Haul Experience

- 2015 Overseas Expedition Leader, Nottingham High School, Tanzania- Kilimanjaro
- 2014 Overseas Expedition Leader, George Spencer School, Tanzania
- 2014 Overseas Expedition Leader, King Alfred's School, Tanzania-Mt Meru
- 2013 Overseas Expedition Leader, Nottingham High School, Bolivia
- 2013 Overseas Expedition Leader, George spencer School, Tanzania- Kilimanjaro
- 2012 Overseas Expedition Leader, King Alfred's School, Tanzania- Mt Meru
- 2011 Overseas Expedition Leader, Willetton School, Australia, Thailand & Laos
- 2010 Overseas Expedition Leader, Bristol School, Northern India (Spiti Valley)
- 2010 Overseas Expedition Leader, U.A.S School Dubai, Thailand
- 2009 Overseas Expedition Leader, Perth modern, Australian School, Nepal, (Langtang valley)
- 2009 Overseas Expedition Leader, Nottingham High School, Siberia
- 2009 Overseas Expedition Leader, UAE Dubai School, Mt. Kenya
- 2008 Overseas Expedition Leader, Camberwell school Australian School, Northern India
- 2008 Overseas Expedition Leader, Hutchings Australian School, Borneo
- 2008 Overseas Expedition Leader, Torquay grammar School, Madagascar
- 2007 Overseas Expedition Leader, Kew High Australian School, Thailand/Cambodia
- 2007 Overseas Expedition Leader, King Edward VI School for Girls, Borneo
- 2006 Overseas Expedition Leader, Mentone Girls Australian School Vietnam
- 2006 Overseas Expedition Leader, King Alfred's Community & Sports College, Uganda
- 2005 Overseas Expedition Leader, Skegness Grammar School, India (Ladakh)



Contact Mark. Telephone:  
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### Long Haul Experience continued...

- 2004 Overseas Expedition Leader, Maidstone Grammar School for Girls, Mongolia
- 2004 Overseas Expedition Leader, Scottish School, Tanzania
- 2003 Overseas Expedition Leader, Rawlett School, South Africa
- 2002 Overseas Expedition Leader, Bicester Community College, Mt Kenya

### Short Haul Experience

- 2015 Overseas Expedition Leader King Alfred's School, Morocco
- 2015 Overseas Expedition Leader, King Alfred's School, Croatia
- 2014 Overseas Expedition Leader, King Alfred's School, Morocco
- 2013 Overseas Expedition Leader, Newcastle RGS, Croatia
- 2013 Overseas Expedition Leader, King Alfred's School, Croatia
- 2013 Overseas expedition Leader, King Alfred's School, Morocco
- 2012 Overseas expedition Leader, King Alfred's School, Croatia
- 2012 Overseas Expedition Leader, King Alfred's School, Morocco
- 2011 Overseas Expedition Leader, King Alfred's School, Croatia
- 2011 Overseas Expedition Leader, King Alfred's School, Poland
- 2010 Overseas Expedition Leader, U.A.S Dubai School, Ethiopia
- 2010 Overseas Expedition Leader, King Alfred's School, Poland
- 2010 Overseas Expedition Leader, King Alfred's School, Morocco
- 2009 Overseas Expedition Leader, King Alfred's School, Poland
- 2009 Overseas Expedition Leader, King Alfred's School, Morocco
- 2008 Overseas Expedition Leader, British School of Brussels, Iceland
- 2008 Overseas Expedition Leader. King Alfred's School, Morocco
- 2007 Overseas Expedition Leader, King Alfred's School, Morocco
- 2006 Overseas Expedition Leader, Coventry School, Norway
- 2006 Overseas Expedition Leader, Tasis International School, Morocco
- 2005 Overseas Expedition Leader, Irish School, Poland
- 2005 Overseas Expedition Leader, King Alfred School, Morocco
- 2004 Overseas Expedition Leader, Downlands School, Morocco
- 2004 Overseas Expedition Leader, King Alfred School, Romania

### Gap Year Leading Experience

- 2007 March - April Kenya, Uganda & Tanzania
- 2005 January – April Ecuador, Peru, Chile, Bolivia
- 2006 January – April Ecuador, Peru, Chile, Bolivia



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### Personal Expeditions

- 2015 3 weeks in Nepal. Trekking to Annapurna Base camp and Poon Hill
- 2012 2 weeks climbing in Bolivia (Huayna Potosi 6096m)
- 2010 2 Week climbing & diving trip in Cuba
- 2009 2 week climbing trip in Thailand
- 2009 6 week trip to Colombia, climbed 2 peaks - El Rincon (5330m) and Pan De Azucar (5100m) in Sierra Nevada. Two weeks spent in Panama
- 2007 5 month expedition, Nepal, New Zealand, Australia, Chile, Argentina. Climbed Pokalde 5900m & Island Peak 6200m, Trekking and climbing in Patagonia, (South Patagonian ice Cap)
- 2006 1 month expedition, Nepal (Climbed Mera Peak 6500m, rafting on Sun Khosi)
- 2006 1 month expedition, Uganda, Tanzania, Congo (visited Gorillas)
- 2004 1 Month expedition to Israel and Egypt diving and trekking
- 2003 Expedition through South Africa, Namibia, Botswana, Zambia, Malawi and Tanzania (Kilimanjaro)
- 2002 2 Months -Central America, Panama City to Mexico City
- 2001-02 6 Months - North & South America, including trekking in Huaraz region of Peru and Machu Pichu
- 2000 6 Months, South East Asia, Northern India and Nepal Including trekking to Everest Base camp and Gokyo regions
- 1999 2 Months - Middle East & Eastern Europe (Overland Car Journey)
- 1998-99 10 Months, South East Asia and Australia
- 1997 5 Months -France – Instructing canoeing
- 1995 4 Months –Spain

### Leader Competence

- 6 year experience Training and Assessing Expedition Leaders
- 3 years of Care/Youth Work Development
- Running Training & Assessing Potential Instructors courses for Class Adventure
- D of E work in various locations for variety of providers including Global Footprints
- Jungle Experience gained in Borneo, Thailand, Bolivia, Indonesia and Amazon
- Altitude Experience gained by many expeditions across an array of continents
- Freelance Outdoor Instructor at a variety of outdoor centres across the UK (1997 to present)

### Qualifications

- |  |                             |
|--|-----------------------------|
| Mountain Leader (summer) Assessment        | Winter Leader (Training)    |
| Single Pitch Award Assessment              | British Canoe Union Level 2 |
| First Aid for Mountaineers and Instructors | Far from help level 1       |

### General Travel Experience

Travelling through Europe, South East Asia, India, Central & South America, USA, Australia, Africa, Borneo and the Middle East

### Languages

Good basic Spanish acquired in Central and Southern America.



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