

**International Army Cadet Exchanges 2009**  
**Échanges internationaux des cadets de l'Armée 2009**



**Maple Leaf Exchange**  
**Échange Feuille d'érable**

**Information Package**  
Feuillet d'informations



Officer in Charge (OC) Officier Commandant	Capt Anthony Fournier
Second in Command (2ic) Adjoint	Capt Amanda Stanley

## Maple Leaf Exchange Information 2009

Welcome!

First of all, let us offer you our congratulations for being selected on the Maple Leaf Exchange.

It is not a small thing! You are one of the few cadets selected from across the country to represent Canada in the United Kingdom (UK). That means that you are a deserving and mature cadet.

In order to prepare yourself for this adventure, please read this document. It was designed to help you understand and adequately prepare yourself for what you will be doing in the UK.

All international exchanges are different and some require distinctive level of preparation. All exchanges meet up in Ontario. Our pre-camp will be conducted at Connaught National Army Cadet Summer Training Centre (CNACSTC).

For the following months, if you have any questions, do not hesitate to contact us. Our personal information is listed in this document. After June 20, 2009, you can also reach us at Connaught (1 Lewis Gun Rd., Nepean, ON, K2K 2W6, (613) 991-4294, Fax: (613) 998-9154).

Your traveling information to Connaught should come from your Commanding Officer (CO). If your CO is not sure, he/she should contact your Movement Officer at your Regional Headquarter. Make sure to liaise with your CO to find out when, where and how to get to Connaught. **It is your responsibility.** Contact us if you still don't know one week before your start date.


Make sure to keep training for the physical fitness test and arrive at camp in high spirits.

See you in June-July.

A. Fournier & A. Stanley  
Capt  
OC & 2ic

Where is England?



<b>Capital</b>	London
<b>Area</b>	130,395 km <sup>2</sup>
<b>Official Language</b>	English
<b>Currency</b>	Sterling Pound
<b>England Flag</b>	

### Weather

Whatever the season, the British weather is liable to change from day to day, so if you are wondering what to wear, it is a good idea to bring a selection of items including some light clothes, items you can layer (that way you can add or remove layers depending on temperature), at least one warm pullover and a waterproof coat or umbrella.

Most days in summer are warm to hot, but evenings can be cool. Temperatures average around 14 - 30 °C, although it can be up to around 35 °C on some days.

## Currency



20 Pounds Note



10 Pounds Note



5 Pounds Note

☒ Some people might refer to the currency as Quid. It is a 'nickname' for the Pound.

It is suggested to verify the currency exchange regularly. Your bank web site should have the information. The following can also help you.

- <http://www.bank-banque-canada.ca/> (Look for Rates and Statistics)
- <http://www.xe.com/ucc/>

## Traditional Food

To learn more about English cuisine, you can consult the following web sites:

[http://en.wikipedia.org/wiki/English\\_cuisine](http://en.wikipedia.org/wiki/English_cuisine)

<http://www.woodlands-junior.kent.sch.uk/customs/questions/food/index.htm>

<b>General Information</b>	
Joining Instructions (2009) Sent by email.	
Connaught is a non smoking camp. You are not permitted to smoke anywhere, anytime this summer, in Canada or overseas.	
Fill out a <i>List of Valuable Items</i> and hand it in on your arrival at camp (Joining Instructions).	
Keep all your receipts from passport, pictures or visa (if landed immigrant). You will get reimburse at your local cadet unit after the exchange.	
Bring all your prescribed medication. We will not re-fill them overseas.	
If you are leaving with your parents after grad parade, please let us know as soon as possible.	
Your cadet training bonus will be given to you every two weeks. It will be issued to you in Canadian currency.	
Anglophone and francophone cadets will be part of the exchange. It is an opportunity for everyone to practice the two official languages. Try to practice some basic formulas before arriving to camp. No 'racist' comments will be tolerated. We're all members of the same team.	
<b>OC:</b> Capt Anthony Fournier (581) 888-5555 mobile mle2009@live.ca	
<b>2ic:</b> Capt Amanda Stanley	
MLE Web Site: <a href="http://www.facebook.com/group.php?gid=163806070510">http://www.facebook.com/group.php?gid=163806070510</a>	

<b>Army Cadet Fitness Test (ACFT)</b>	
Upon arrival to Connaught, you will have to do the Army Cadet Fitness Test. If you don't reach <b>SILVER level</b> , you will have to go home. If you are not sure about the requirements for silver level, contact your local cadet unit staff.	
<b>Clothing</b>	
<u>Uniform</u> <ul style="list-style-type: none"> <li>• Bring your complete cadet uniform (tunic, pants, beret, shirt and tie) + slip on with your rank.</li> <li>• Bring a complete Cadet PT gear and Tilley hat. You will need it for pre-camp.</li> <li>• Comfortable running shoes (you don't have to wear the cadet running shoes).</li> <li>• Connaught will issue you a complete Combat uniform. Avoid bringing extra combat gear but bring your green t-shirts and wool socks.</li> </ul>	
<u>Civilian Clothing</u> <p>All your civilian clothing shall be casual, comfortable and proper.</p>	

**The following will not be tolerated:**

- tank tops, belly shirts, low v-neck,
- t-shirts with messages reflecting violence, drugs, sex or any cruel messages,
- short skirts, tight pants or ripped/dirty jeans/clothes.

Remember that you are representing **Canada** and the Canadian Cadet Movement.

**You are required to bring the following:**

(For special occasions in England)

- ♦ 1 pair of proper black pants (no cords, tight pants or jeans),
- ♦ 1 other pair of blue, beige or grey pants,
- ♦ 1 shirt and tie (for the males) to wear with your pants, females will bring a decent blouse,
- ♦ 1 pair of comfortable dress shoes (female and male).

Remember you are going to England. It could get a bit cold and rainy. Dress accordingly.

Females are allowed to wear skirts (no more than 5 cm above knee cap) and their shoes should be comfortable, as we may be walking for long period.

Most of the time, you will be wearing the issued exchange tracksuit (jacket, pants, t-shirt and baseball cap). There will be a specific standard to respect and adhere to.

**Tricks of the Trade**

Identify all of your belongings and baggage. We will not be responsible for any losses.

In England, since we will live on military facilities, it will not always be possible to cash Traveler's cheque.

You can use an ATM card or a credit card. If your parents agree, a good suggestion is to get a credit card with a low credit limit; it might help if you don't want to carry money. Your bank is a good place to ask for information about overseas transactions.

You can also have a pre-paid Money Mart MasterCard; you would need to add money before you leave Canada. For more information, consult the following web site:

[http://www.moneymart.ca/titaniumcards/prepaid\\_mastercard.asp](http://www.moneymart.ca/titaniumcards/prepaid_mastercard.asp)

**Things that you may want to bring with you**

- ♦ Sewing kit, polishing kit,
- ♦ MP3 player or such,
- ♦ Books (if you want to read, long bus / plane rides),
- ♦ Games (books, electronic, etc),
- ♦ Camera (digital or film),
- ♦ 2 or 3 locks.

Don't bring an iron; the plug is not the same. (This is applicable to any electronics.)

You may need an adaptor if you bring any electrical appliances.

You may bring low cost items to exchange with the cadets over there (such as badges, pins from your hometown or province, flags, pens, keychains, lanyards, sweets, etc.)

In Ottawa, you will be issued a duffle bag (larger than the regular duffle bag). You will be using this bag to carry all your kit. Choose what you will bring wisely because we are not responsible to pay for the overweight. Your bag will be weighted before leaving Canada.

## Training

Usually, during the exchange we have one week of adventure training, one week at Frimley Park, one week with a cadet unit and one week of touring. During the week at Frimley Park and with a cadet unit, you may train with cadets from the Cadet Combined Force (CCF) or the Army Cadets Force (ACF).

If you want more information on both organizations, please consult the following:

- <http://www.armycadets.com/acf/home.aspx?f=1> (ACF)
- [http://en.wikipedia.org/wiki/Combined\\_Cadet\\_Force](http://en.wikipedia.org/wiki/Combined_Cadet_Force) (CCF)

During the week of adventure training, activities may vary. Last year, cadets were offered to choose one activity for the week (canoeing, caving, hiking, kayaking or rock climbing). This year, we do not know if we will be offered the same choice. Just in case, if you practice any of those activity back home, you might want to think about bringing some of the basics (hiking boots; a good rain jacket and pants; gloves and toque; sunglasses; decent swimsuit; hiking pants, t-shirts, sweaters, sport sandals, etc.)  
If you do not have any of those, do not go and buy everything.

During the week at Frimley Park and the one with a cadet unit, you will be wearing combat most of the time.

For more information on Frimley Park, you may consult the following web site:

- <http://www.ctcfrimleypark.army.org.uk/>

For the touring week, depending on the occasions, it will be the tracksuit or a more formal attire (hence the shirt and tie).

In England, you will train with British Cadets and you will go through the same training. You better be prepared to do things we don't necessary do in Canada. Over in England, cadets train with a rifle that is commonly called 'Cadet GP' (GP for General Purpose). It is in fact a L98A1.



The main difference between the GP and the SA80 IW is that the GP is a straight pull manually-operated weapon and cannot fire in automatic or in semi-automatic.

Visually, the absence of a flash suppressor and fire selector lever plus the addition of a cocking handle extension differentiate the two.

The absence of a flash suppressor also means the weapon cannot fire rifle grenades or mount a bayonet.

The GP rifle is based on the L85A1 SA80 rifle, but with absence of gas parts (as above).

It is a 5.56 x 45 mm caliber weapon, and has a muzzle velocity of 940 m/s.

The GP also has a weighted trigger since it was designed as a target rifle.

The GP uses the standard 30-round magazine. This weapon cannot chamber rounds due to the fact that the firing pin has been cut short and the barrel has been filled with cement and it is easily identified by two white stripes with the letters 'DP' being painted on the hand guard and trigger mechanism housing.

The DP rifle is normally used for parades and ceremonial parade drill training at individual units.

Before using the weapon with blank ammunition, cadets will receive training in the safe use of the weapon. Drills that are taught include:

- Normal Safety Precautions (ensuring that the weapon is in unloaded state prior to use).
- Stripping (and reassembling) the weapon for daily cleaning.
- Filling magazines.
- Loading the weapon.
- Make Ready (cocking the weapon to move around into the chamber).
- Make Safe (reversing the result of a "make ready", after which there will no longer be a round in the chamber.)
- Immediate Action (IA) Drill (Drill to be performed if the weapon should stop firing unexpectedly).
- Stoppage Drills (Drills that are performed rectify what has caused the weapon to stop firing) Unload (removing the magazine from the rifle and ensuring there is no round in the chamber)
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Cadets are also asked to learn the five characteristics of the rifle. These are:

- The L98A1 Cadet GP Rifle is a magazine-fed, hand-operated, single-shot rifle based on the British Armed forces L85A1 Rifle.
- It can only be fired from the right shoulder.

- It has a magazine capacity of 30 rounds.
- It is robust, yet light and accurate.
- Its low recoil and high adaptability for firers of differing physiques makes it a practical rifle for cadets.

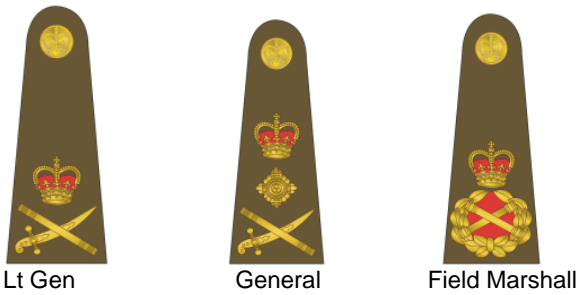
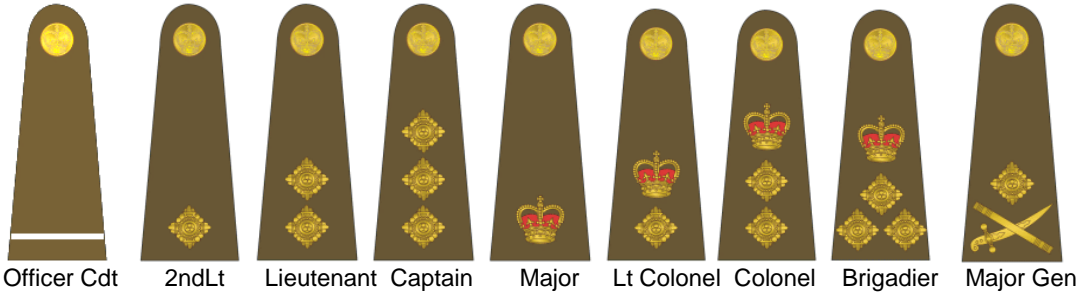
A standardized Weapon Handling Test (WHT) covering the above points must be passed before a cadet may use the rifle.

On exercise cadets will use the GP rifle to fire blanks in fieldcraft scenarios. Because the L98 does not have a flash suppressor a Blank Firing Attachment (BFA) cannot be fitted to the Weapon, hence a greater safety distance is required for blank-firing exercises (50m) than when operating with the SA80 (1m).

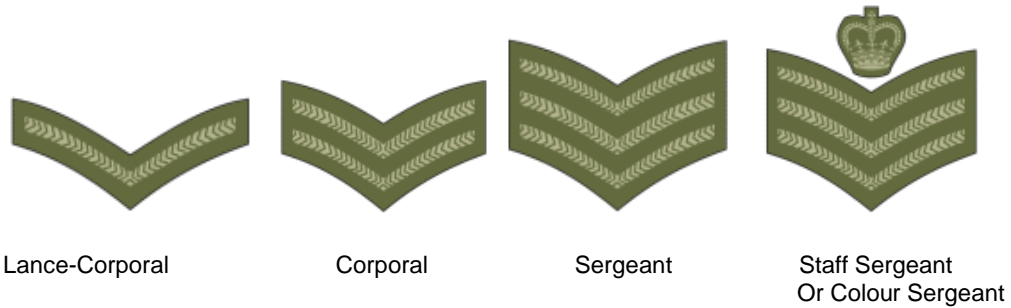
The weapon seems to produce a louder sound and brighter flash than the L85 and L86 also due to the lack of a flash suppressor.

## Rank Structure

### British Army Officers ranks



### British Army NCO Rank



For more information, consult the following web sites:

- [http://en.wikipedia.org/wiki/British\\_Army\\_enlisted\\_rank\\_insignia](http://en.wikipedia.org/wiki/British_Army_enlisted_rank_insignia)
- [http://en.wikipedia.org/wiki/British\\_army\\_officer\\_rank\\_insignia](http://en.wikipedia.org/wiki/British_army_officer_rank_insignia)