

Fact Sheet

For more information,
Contact Amy Loveless at
(305) 555-5555 work
(786) 123-4567 mobile
amyloveless@company.com

Bear Grylls

Personal Life

- Bear Grylls was born Edward Michael Grylls on June 7, 1974 in London.
- He was given the nickname “Bear” by his older sister Lara when he was a week old
- Grylls has authored 15 books, including one bestseller.

Military Career

- Grylls spent three years serving as a trooper in the 21st Regiment SAS, part of the U.K. Special Forces Reserve.
- Grylls suffered spinal breakage after a freak parachuting accident but was able to walk again and climbed Ama Dablam a year later, a Himalayan peak once described as “unclimbable.”

Scouting

- Grylls became a Cub Scout at the age of 8.
- At 34, Grylls was appointed Britain’s Chief Scout, becoming the youngest person to hold the position.

Television Career

- Grylls hosted the show “Man vs. Wild” (“Born Survivor: Bear Grylls” in the U.K.) from 2006-2011.
- Grylls has hosted 12 television shows.

Achievements

- At the age of 23, Grylls was awarded the Guinness World Record for being the youngest Briton at the time to successfully scale Mount Everest.
- Grylls created a world record for the highest open-air formal dinner party suspended under a hot-air balloon at 24,500 feet.
- Grylls and his team set the Guinness World Record for longest continuous indoor freefall.
- Grylls is a black belt in karate.

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Backgrounder

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Journey of a Lifetime Trust

Since 1983, the Journey of a Lifetime Trust has been transforming the lives of disadvantaged young people.

Each year, the charity organizes expeditions for groups of young people (from 14 to 20 years old) with significant disadvantages. These young adults may be disabled, ill, abused or neglected, but their lives are changed given the chance to travel all over the world.

The Journey of a Lifetime Trust has organized expeditions for young people 17 times since its inception. The expeditions have covered Siberia (1984), Australia (1986), South America (1988), Canada (1990), Africa (1990), the Silk Road (1992), Alaska (1994), Central America (1996), the Middle East (1998), Chile (2000), Indochina (2002), New Zealand (2004), India and Bhutan (2006), Southern Africa (2008), Borneo (2010), the Andes (2012), and Africa (2014).

The latest trip Journey of a Lifetime Trust embarked on July 14, 2018, which sent 18 young people and six leaders on an expedition from Peru to the Galapagos Islands. The monthlong trip allowed the group to explore rainforests, villages, mountain trails, glaciers and the Galapagos Islands.

The goal of the Journey of a Lifetime Trust is to make positive, lasting differences in the lives of disadvantaged young people and make their dreams come true.

The Journey of a Lifetime Trust posts updated trip diaries recording the daily activities from their most recent trips on their blog on the Journey of a Lifetime Trust website. The most recent trip diary from Peru to the Galapagos Islands can be found at <http://www.jolttrust.org.uk/jolt-2018-trip-diary/>

The Journey of a Lifetime Trust is a small charity run by volunteers and donations. They have an account with JustGiving where people can fundraise for their trips and donate to the charity.

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