

**From: Brigadier G McDade**



**Deputy Commander Cadets**  
Headquarters  
Regional Command  
Montgomery House  
Queens Avenue  
Aldershot Hampshire GU11 2JN



Ave Proos & Silver Tam  
Chiefs of Estonian Kodutütred & Noored Kotkad

*Dear Ave & Silver,*

*13* March 2024

**Baltic Guard Exchange Programme Between Estonia and United Kingdom – Summer 2024**

1. The United Kingdom (UK) Army Cadets is an organisation that develops young people aged 12-18 years old across all abilities and backgrounds, both physically and mentally, improving self-confidence, teamwork, friendship, leadership and community spirit.
2. Regional Command Headquarters, Army Cadets would like to offer an invitation to the Kodutütred and Noored Kotkad for two Adult Officers and ten cadets (broken down by five girls and five boys, under the age of 18) to visit the UK between 01 – 19 July 2024. The visit will include cultural activities with time spent in London visiting historic sites; a week of military skills training with our Army Cadet Training Teams; followed by a week of Adventurous Training activities in England and Wales.
3. On arrival the delegation will be guests of Regional Command Headquarters, Army Cadets where expenses and local hospitality in country will be captured by our organisation. It is requested that inbound and outbound flights are booked to and from London Heathrow on 01 July and 19 July respectively.
4. We would be very pleased if the Kodutütred and Noored Kotkad are able to accept our invitation and kindly request they confirm acceptance by 15 April 2024. Following this, a list of the delegates full names and dietary requirements will be required no later than 15 May 2024.
5. The visiting delegation are advised to ensure they are aware of the foreign travel vaccination requirements to enter the UK.

*Yours Sincerely,*  
*Gary McDade*