

EXPEDITION DISCOVERY: A JOURNEY OF RECOVERY THROUGH DISCOVERY

Why recover
in a five star,
when you can
recover under a
million stars

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Expedition Discovery provides journeys for anyone who wants to get away from a toxic lifestyle and rediscover themselves at their own pace and time. Using Africa as a stage, Expedition Discovery provides bespoke journeys of self-discovery and recovery for clients to reach a more fulfilling, rewarding and balanced lifestyle. Experiencing Africa changes people, their spirit, their mind and their soul.

The approach of Expedition Discovery

Every person is different and therefore needs to embark on a different journey to find their place in the world. This is why Expedition Discovery, after an initial assessment, plans a personalized, holistic journey to suit the client's requirements and needs. Locations, activities, therapies and optimum duration are chosen individually together with a team from a pool of trusted professionals and experts in their fields. Expedition Discovery can be designed to be relaxing or mentally, physically, emotionally and spiritually challenging, or a combination of both to make the client a more resilient person at the end of this journey. Experiential traveling of this kind enables people to re-evaluate their own principles and values. A unique feature is that each client has a dedicated executive protection specialist at their side during the entire journey, who acts as a mentor, helps with logistics and takes care of the client's protection.

Expedition Recovery

Expedition Recovery is a follow-up program for anyone who has been through clinical rehabilitation to cure an addiction or a mental health issue such as alcoholism, drug and/or nicotine addiction, sex addiction, gambling addiction, depression, trauma or burnout. Leaving treatment or a treatment facility and returning to the old environment with possible

toxic temptations is a challenging time. The goal-oriented Expedition Recovery is centred on preparing clients to face the world by giving them new perspectives in life. It is a bridge between a treatment and the return to a familiar environment.

Expedition Discovery has an exclusive partnership with Calda Clinic, a world-renowned rehabilitation clinic based in Zurich. Going on a recovery expedition marks the transition from formal treatment to lifelong recovery outside the walls of the clinic. Before a patient is discharged from the Calda programme, counsellors, psychiatrists, psychologists and physicians work closely with the client and the client support team on the ground in Africa to devise a comprehensive aftercare journey. This in-depth examination allows Expedition Discovery to design – in collaboration with the client – a bespoke journey that gives them a better chance to reintegrate back into their previous lives.

Expedition Discovery

Expedition Discovery is a journey of self-discovery. It aims to help people break out of negative routines and environments, to give them the opportunity to take a step back and to view their situation and state of mind from a different angle. Throughout the journey new perspectives in life will become apparent thanks to new experiences, impressions as well as challenges.

Africa works on its own time and rhythm. Ideal for your recovery aftercare.

Expedition Discovery

This expedition is thought for people affected by physical and mental exhaustion, constant stress, anxiety, cynicism, lack of motivation, sleeping disorders, a short temper and for people on the verge of depression or burnout. This programme provides essential strategies that allow people to cope with life's difficulties and uncertainties in a more flexible and adapted way.

Discovery for small groups

This journey is for a small group of friends, family or work colleagues who want to go on a journey of discovery together. Friendships that may have been strained will be forged again and bonds strengthened. We ensure every detail is considered to give you a broad perspective of the African continent, which beams with so much to discover. Our executive protection agent will accompany the group, ensure their safety and security and handle all the logistics, while letting them enjoy the wonders of Africa.



"All people smile in the same language." Discover all the good a simple smile can do to your recovery.

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GENESIS OF EXPEDITION DISCOVERY

Expedition Discovery has been two years in the making and is the brain child of James Otigbah, the owner and director of Excel Security Solutions, a risk management company based in Switzerland. He was stationed at the Swiss Embassy in Nairobi for two years, where he was responsible for the countries of Kenya, Rwanda, Burundi, Uganda and Somalia.

With a track record of providing a secure and a safe environment to HNW families, corporate and governmental clients in Africa, James Otigbah and Expedition Discovery are ideally suited to create and deliver the perfect journey, with attention to detail and a touch of adventure and luxury for individual persons or small groups.