

## October Training

As an overview, all our courses are modular so can be taken all at once or spread over a period of months/years.

All participants must be competent in the skills required as the Arctic is a very hostile environment, so we reserve the right to withdraw participants if they are likely to be a liability to themselves or the rest of the team.

Costs are very dependent upon which courses a participant does and also which Expedition they wish to participate in.

The next block of training that we have is in Svalbard, in the High Arctic in October of this year. In addition we will be holding courses in the UK covering rope work and navigation for those wishing to get ahead of the game and we will hold a Certificated Medical course before October as well.

Basic Polar training. £1,250+vat  
(return flight from Oslo currently £200)  
Arrive Tuesday 6<sup>th</sup> October 2009 @ 1.55pm  
Longyearbyen  
Course starts 8.00am Weds 7<sup>th</sup>  
Course ends 5.00pm Sunday 11<sup>th</sup>  
End of course dinner 8.00pm  
Depart Longyearbyen Monday 12<sup>th</sup> @ 2.45pm



Advanced Polar training. £1,500+vat  
(return flights from Oslo currently £290)  
Arrive Monday 12<sup>th</sup> October 2009 @ 1.55pm  
Longyearbyen  
Course starts 8.00am Tuesday 13<sup>th</sup>  
Course ends 5.00pm Saturday 17<sup>th</sup>  
End of course dinner 8.00pm  
Depart Longyearbyen Sunday 18<sup>th</sup> @ 2.45pm



2 Week Expedition. £3,500+vat  
(return flights from Oslo currently £250)  
Arrive Sunday 18<sup>th</sup> October 2009 @ 1.55pm  
Preparation  
Monday 19<sup>th</sup> Expedition Starts  
Sunday 1<sup>st</sup> Expedition Ends  
End of Expedition Celebration 20.00hrs  
Monday 2<sup>nd</sup> return home 2.45pm



### *Fee does not include the following:*

Return travel costs to and from Longyearbyen  
End of course Dinner/Celebration  
Insurance  
Personal Kit and equipment

After successful completion of the above then it is time to form teams, work on fitness and work on fundraising and sponsorship to get the funds together for participation on one of our Flagship Expeditions. These can cost between £10K and £40K.

For some, the two week expedition in Svalbard in October will be what they wanted to achieve, for others this will just be the start... ..