

Polar Training Courses

By Arctic Explorer [Antony Jinman](#)

Antony Jinman is a member of the Explorers Club, UK Chapter, and an accomplished Arctic Explorer who has covered over 2000 miles, including a 51 day expedition from Cape Discovery to the Geographic North Pole in 2010.



The Polar Course is structured to combine both theory and practical training, culminating in an exciting arctic expedition. With years of practical experience travelling over glaciers, ice caps and sea ice, Antony has a wealth of technical knowledge and experience to be passed on. Using first-hand knowledge, the theory covers the essential requirements for safe polar travel, presented through a series of interactive lectures, presentations and discussions, photographs and videos.



"A very enjoyable experience learning how to actually pull a pulk and live in a tent, cooking your meals and putting into practise our routines, there is so much to learn on this great experience." Kathryn Rose

Topics covered include Nutrition, Training Techniques, Satellite Communication, Routines and Admin, Cold Weather Injury, Wild Life Encounters, Sponsorship and Funding, Navigation, Equipment and Modifications, Leadership Styles, History of Polar Exploration, Education and Outreach. Theory is then translated in to a 3-4 day expedition across the arctic. The expedition is the second phase of the course and opportunity to further develop essential skills including skiing, camp craft, day to day routines, team work and leadership.

The Location used for this course is close to Alta in Norway, the northernmost city in the world, some 500 kilometres inside the Arctic Circle. It is a perfect location to train and gain valuable arctic experience.

The Price includes all associated training costs, accommodation, transfer, food and expedition technical equipment. Clients will need to provide their own flights to Alta, insurance and personal clothing and equipment (a kit list will be provided).

The price of this 7 day course is £1850 and is limited to 4 – 6 people.

Telegraph

This course has recently been featured in the [Telegraph newspaper](#) for the successful training of the International Scott Centenary Expedition



“A wealth of knowledge and experience which gave us the confidence to embark on an expedition” Joe Woodward

“By the end of our expedition phase, our routines had become very slick and we were working incredibly well as a team” Henry Evans

Antony Jinman, Education Through Expeditions, Sherwell Centre, Plymouth University, Devon, England, PL4 8AA

Website – www.antonyjinman.com Email – explore@antonyjinman.com

