



Professional Development Modules

Water Safety, RLSS accredited qualification

Course Description A course designed to improve Expedition Leaders' skills and confidence in dealing the inherent dangers of operating close to the water margin and safe supervision of a group in and around the water hazards encountered on an overseas expedition. This highly interactive and practical course will blend the skills taught on RLSS, BCU and ML courses and will include river crossing (roped and un-roped), the use of throw lines, basic river rescue techniques and exploration of the hazards associated with water margins and marshy terrain. There will be plenty of opportunities to practice various techniques with a group in a safe training environment. Food & accommodation is provided. Open to all though priority is given to those leading expeditions with a demanding water safety element.

Location:	Bala, North Wales
Dates:	9 th -10 th April 28 th - 29 th April 7 th – 8 th May
Duration:	2 days
Course Capacity:	16 candidates
Cost:	£100
Administration:	Accommodation and food is provided

High Altitude First Aid: High and Cold

Course Description A course designed for those Leaders wishing to significantly improve their skills and knowledge for leading expeditions at high altitude, delivered by World Challenge's medical consultant, Dr Jon Dallimore. It will cover the direct hazards of high altitude travel, other associated medical complications and the use of drugs, hyperbaric chambers, altitude related illnesses (AMS, HACE, HAPE), avalanche danger, altitude scenarios for discussion including local cold injury - frostbite hypothermia. The course will be a highly interactive and detailed expansion of the Expedition Training Day first aid lecture.

Please note this course will not be available to those attending the Expedition Training Day on the same day.

Location:	High Wycombe
Date:	Sun 22 nd May
Duration:	1 day
Course Capacity:	80 candidates
Cost:	Free of charge
Administration:	Please bring your own pack lunch and make independent accommodation arrangements if required

World Challenge

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Registered Office. 1 Regents Street, London SW1Y 4NW

Remote Casualty Management

Course Description A course designed specifically for Expedition Leaders who want to be prepared for the unexpected; specifically tailored for those working in the developing world. The course will build on base level first aid training and as such completion of a REC course is a prerequisite to attendance. It will cover topics such as improvised treatments, evacuation techniques, CPR and much more. Delegates should come with a willingness to get their hands dirty and participate in realistic practical scenarios!

Location: Buxton
Dates: 19th & 20th March
Duration: 1 day
Course Capacity: 24 candidates per course
Cost: Free of charge
Administration: A pack lunch is provided and B&B at the centre for the night before is available if required

The Expedition Facilitators Tool Kit

Course Description An invaluable day of fun and activity designed to give outdoor practitioners a range of skills and techniques to enhance the learning experience of Challengers on an Overseas Expeditions. The course will explore various games, time filling activities, reviewing and feedback methods to enhance your facilitating tool kit.

Dates: 11th Dec - Leadership and Development Centre, Buxton
27th Feb - World Challenge Head Office, High Wycombe
13th May - Edinburgh
Duration: 1 day
Course Capacity: 20 candidates per course
Cost: Free of charge
Administration: At Buxton, a pack lunch is provided and B&B at the centre for the night before is available if required. For other venues please make your own arrangements for food and accommodation

Bush Craft Skills

Course Description A course designed to give Expedition Leaders the skills and knowledge to teach basic bush craft techniques in the range of destinations and environments visited by World Challenge. Delivered by a recognized subject matter expert, the course will include fire lighting, improvised shelter building, water purification, finding and preparing 'bush tucker' plus much, much more.

Location: Leadership and Development Centre, Buxton
Dates: 13th March
27th March
Duration: 1 day
Course Capacity: 20 candidates per course
Cost: Free of charge
Administration: A pack lunch is provided and B&B at the centre for the night before is available if required

Intro to the Jungle NEW FOR 2011!

Course Description A course designed to give Expedition Leaders an introduction to the skills and knowledge in a jungle environment. Topics covered include camp craft, flora & fauna, hygiene, navigation & lost procedures, top tips on kit, and much more. Open to all though priority is given to those leading to jungle destinations in 2011.

Location: Leadership and Development Centre, Buxton
Dates: 12th March
26th March
Duration: 1 day
Course Capacity: 20 candidates per course
Cost: Free of charge
Administration: A pack lunch is provided and B&B at the centre for the night before is available if required

Winter Skills

Course Description A course designed to train Expedition Leaders in basic winter skills which will include group supervision in winter conditions, use of ice axes & crampons, walking roped together and winter rescue techniques. Open to ML Summer Award holders or those with lapsed Winter Training who wish to develop their skills further or simply revise those previously gained. Open to all though priority is given to those leading expeditions where winter experience is required.

Location: Aviemore, Scotland
Dates: 22nd – 24th Jan (arriving night of 21st)
28th – 30th Jan (arriving night of 27th)
Duration: 3 days
Course Capacity: 18 candidates
Cost: £100
Administration: Food & accommodation is provided

ML Refresher NEW FOR 2011!

Course Description A course designed for ML Summer Award holders who wish to revise some of the key skills and techniques of the Award and leaders who have completed the ML training phase. This course is run by fulltime World Challenge Instructors and will cover group management, navigation, security on steep ground, rope work and other associated topics.

Location: North Wales
Dates: 28th - 29th May
Duration: 2 days
Course Capacity: 16 candidates
Cost: Free of Charge
Administration: Candidates are asked to bring their own kit for 2 days on the hill including Food, stove and a tent

Using GPS NEW FOR 2011!

Course Description A course designed to give new users a practical guide to operating a GPS effectively. Topics covered include Makes & Manufacturers, Getting Started, Planning a Route, Creating a Track Log and International Usage. This course is open to new GPS users and non-users. If you have your own GPS please bring it along.

Dates: 29th March - Leadership and Development Centre, Buxton
17th April - World Challenge Head Office, High Wycombe

Duration: 1 day

Course Capacity: 10 candidates

Cost: Free of Charge

Administration: Food & accommodation for night before (if required) is provided at Buxton only. A limited number of GPSs will be available to those that don't have one.

Expedition Photography NEW FOR 2011!

Course Description A course designed to give practical hints & tips to anyone wishing to improve the quality of their snaps whilst on expedition. Run by a professional freelance photographer, it will cover practical topics including context and composition, photography & facilitation techniques, kit essentials & security of your kit. The course will also explore the broader themes of responsible photography, culture & legal issues. There will also be an opportunity to review and discuss each others expedition photos.

Location: World Challenge Head Office, High Wycombe

Date: 3rd April

Duration: 1 day

Course Capacity: 20 Candidates

Cost: Free of Charge

Administration: Candidates are asked to bring their own camera and packed lunch.