CAPOD Funding Report

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<tr>
<th>Event /Course Title</th>
<th>Royal Geographical Society Explore Conference</th>
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<td>Date of event</td>
<td>11-12th November 2017</td>
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1. Brief description of Event (50-100 words):

The Royal Geographical Society’s Explore Conference is an event where professionals from various disciplines gather to share experiences and build links for future projects. Speakers include explorers, geographers, expeditions medics, artists and risk management specialists. Workshops are held through the weekend on a variety of topics where delegates get the opportunity to develop ideas and projects with expert guidance.

2. What were the benefits of attending and what did you gain from the experience in terms of transferable skills and knowledge.

During the workshops I developed skills in planning overland journeys and writing. Active participation was encouraged and I was able to practise presenting my ideas and views to various expects, constructive criticism and guidance allowed me to see how a simple plan can develop into a robust and safety conscious expedition. Participating in the workshops I was also able to impart my knowledge and previous experience in high altitude medicine and mountaineering. I hope I have developed my communication and networking skills and have learned approached to think critically about planning and risk.

3. What actions will you be taking as a result of attending or by making new networking contacts.

Overall the conference was an excellent opportunity to network and build contacts in the expedition industry. I have the contact details of an emergency medic who spent considerable time on cycle expeditions around the world and have emailed him. I spoke to a doctor who offered career advice and I will be seeking opportunities to complete an Advanced Life Support course based off the back of her advice. I have contacts to help with planning a potential UOTC expedition and various expeditioners who can help with funding advice. I have a contact in BES (British Exploring Society) who will guide me through how to become the medic on their expeditions and the other requirements besides medical skills needed to become a valuable member of their team.

4. Can you share any additional resources produced in connection with the event (e.g. feedback from participants, training resources, website links, and additional materials).

Feedback from participants was encouraging and many offered to give us continued advice over the coming months. Dr Stephen Fabes ran a workshop on writing and has many resources linked to cyclingthe6.com. In terms of safety and location mapping Antony provided us with resources on
zero6zero. Andventurepeddlars encouraged us to visit them in the peak district to discuss how to arrange sponsorship for expeditions. One of the Authors of the Oxford Handbook of Expedition and Wilderness Medicine provided me with access to the book which has been an interesting read so far, we also have the opportunity to undertake discounted wilderness first aid training with the RGS. We have links to a range of resources for undertaking fieldwork abroad, one I particularly like is Survey123 to collect data from people post disaster.

5. Tips/experience learned from the event

“get lost in nature and you will find yourself – quite possibly die” was an illustrative point in the wilderness medicine talk that such safety matters should not be taken lightly. “look for lemons” was the take home message from specialist in risk mitigation, emphasising the point of proactive action before an adverse event can take place. Adventurist Spike Reid encouraged us to “carpe diem, carpe noctum and carpe carp” whilst we can. More specific advice included career opportunities I should take and how to plan and think critically about safety in expedition circumstances.

6. Any additional comments or information regarding the event

It was a fantastic experience and a really inspiring two days.