

Knowledge is power, be powerful

# Polaris Outdoor

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# TESTIMONIALS

"An awesome team of talent, expertise and inspiration! These guys helped me survive, literally!"

As one of the camera embeds on **Bear Grylls' Celebrity Island** I needed skills. They delivered with extra! They are fantastic with adults, amazing with children and full of the most powerful wilderness skills and life lessons too. These guys are the real deal! Highly recommended!"

*Lily Murray, Producer Director:*

*Bear Gryll's Celebrity Island & Survival School*

"A life changing experience! I was challenged to step out of my comfort zone and into an experience that I believe will make an amazing mark on my life forever."

*Amanda L. - Student*



"The team's dedication and attitude towards life is highly infectious. One can't help but feel empowered with a greater understanding of life!"

*Overseas Student*

"The outdoor education team at Ravens Wood School wanted its students to experience something special that they would never usually get to do at their age. The team certainly delivered! Our students grew as individuals and as a group. They learnt how to: use primitive weapons, to make fires and use natural shelters, responsibly work with knives, navigate and administer first aid in the field - all in the winter months too. Lessons were well planned and extremely engaging. The team's professionalism and positive attitude throughout ensured a great experience for all. Highly recommended!"

*Ollie Nicholls, Outdoor Education Coordinator Ravens Wood School*

"A very supportive team and great coaching! Great team! Great leadership!"

*Executives - Proctor & Gamble*



# Polaris Outdoor

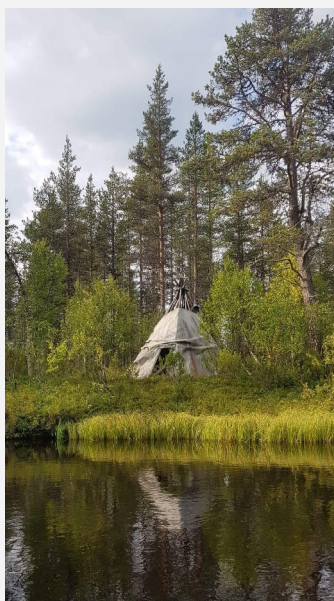


## CHANGING LIVES!

Our courses and activities have helped people in all kinds of areas of their lives; training and leadership, personal wellbeing, overcoming mental health and physical challenges and much more!

### This is how we do it:

1. **We employ the very best staff** with an exceptional combination of professional experience in the field. These are world class practitioners, most of whom are senior leaders in their field and qualified teachers. With this staff team you will be able to go anywhere on earth, connect with people and places and learn a huge amount as you go.
2. **We know how to plan.** We have been to some tough places, The Sahara, both Arctic poles, the toughest jungles and the highest peaks. We can host scientific exploration for the Natural History Museum and even take a class of students to the remote places of the world. All you need is knowledge, and knowledge is power.
3. **We don't just guide you, we teach you what we know.** The leaders of Polaris Outdoor will train and coach you to become powerful in the environments you go to. Whether it is a UK winter in Scotland, or the deepest jungles of Borneo, you will learn to become confident and operate with great success.
4. **For businesses we can help teams to work together more effectively**, and provide reports and unique career based coaching sessions from the world of commerce.
5. **For the education sector we make planning events and trips a breeze, in turn the students we teach become well rounded and confident individuals, ready to achieve anything.** Schools have integrated our approach and techniques into the fabric of school life including: activity days, camps, humanitarian aid and expeditions.



# OUTSTANDING LEADERS

**The Polaris Outdoor team sets us apart from all others.**

Consisting of some of the most experienced survival instructors, expedition leaders, explorers, scientific researchers, qualified teachers and military leaders. Our team has collectively visited every continent on earth and has been to places where humans have never ventured before.

For scientists, NGO's and museums it means we can help you get the most out of your endeavour. For Businesses and leaders you can go to places and experience the incredible beauty this world has to offer and for students and staff, this means that we not only offer the most exciting outdoor learning experiences, but that the lessons learned are always inspirational and relevant, leaving a positive and long-lasting impact.

## OUR SENIOR TEAM

You can see more information on our team at [polarisoutdoor.co.uk](http://polarisoutdoor.co.uk)

### **MATTHEW BARNESLEY. BSC (HONS), QTS, IML**

Mat, Director and founder of Polaris Outdoor, is an experienced exploration geologist, specialising in remote, desert, high altitude mountain, jungle and arctic environments; working with the Natural history Museum Lima, the Bear Grylls production team, and has taken archaeological and palaeontological digs to a number of regions around the world making ground breaking new discoveries with experts and students. Mat is also an experienced secondary school teacher, achieving senior leadership level. He has trained staff and principles, implemented new curriculums, and created outdoor education departments for schools.

### **NIGEL PAINTER. MBE, IML**

Nige is a senior officer within the RAF with over two decades of experience leading and developing the RAF's survival training programmes. He is also an experienced International Mountain Leader.

He is a flight engineer on Hercules aircraft and leads a team of RAF survival instructors who teach pilots how to survive and thrive in all environments - Arctic, jungle, desert and mountain. He has trained military forces all over the world; has led groups in Nepal, Slovenia, Norway, the USA, the Arctic and the lesser travelled Antarctic. He has been awarded an MBE from the Queen for his services in survival training with the RAF.

### **ABBI NAYLOR. MSC, IML (T)**

Abbi specialises in working with young people with specific educational, behavioural and mental difficulties. She is one of the most experienced expedition leaders in the business, summiting (amongst many peaks) Mt Kilimanjaro 18 times! She has also done sailing and yacht racing, sky diving, mountain walking and is a bushcraft and ski instructor. She is an advanced first aid instructor which allows her to create the safest environments possible for working outdoors. If you want safety and experience in the field it doesn't get much better than Abbi.





## IAN PRICKETT

Ian has been an expedition leader for a Naval Unit based in Portsmouth. He has led expeditions all over the world honing his skills in the harshest of environments, including being asked to join Sir Ranulph Fiennes on the 1st ever attempt to cross the Antarctic Continent in winter. Ian is one of only 5 people in history to ever have attempted this feat!

He is also a hugely experienced Sea kayak and stand up paddle board coach. Ian makes everything easy because he has been to the extreme of hard.



## NAZARIUS DOMIANUS

Naz specialises in everything remote, and has great expertise in the tropical places of the world. He has worked with Bear Grylls, Prince William and Kate Middleton, Gordon Ramsey, Sir David Attenborough, National Geographic, the Discovery Channel and Polaris Outdoor.

He has set up some of the longest and highest rope ways, zip lines and industrial roping projects on the planet!

Naz made a world record recently by climbing the currently highest recorded tropical tree in the world in 2018, and works with Mat in remote jungles.



## HANNAH CHIVRALL. BSC (HONS) RS/GIS. QTS. AATQB

Hannah is behind the scenes of Polaris Outdoor, keeping things organised and you can ask her for assistance with all stages of your experiences with us. But she is a lot more than that. Hannah is a fully qualified teacher and NCFE Level 4 bushcraft instructor. She trained with John Ryder and was invited back to work with him at Woodcraft School, a great honour, which gave her a solid understanding of a diverse range of wood lore.



## SHANE WORGES

Shane is one of the youngest people to ever pass the John Ryder NCFE Level 4, the most prestigious qualifications in outdoor survival and bushcraft. This year long course is usually completed by people many years his senior. Shane has been to the Arctic and helped lead humanitarian expeditions to Borneo which included remote desert island survival.

Shane is a testimony to the skill of this team, and is an inspiration to people both young and old because of his exceptionally high skill level and teaching ability.



*"I decided to train with Mat and gain experience through practical teaching, something that's always close to my heart. It's been hugely character building and having support to find my feet were the parts that will stay with me throughout my life. Years since these times and I can honestly say working for Mat has been a fantastic and thrilling experience. It's always a warm and friendly environment even if the weather is far less so. I have had the pleasure of meeting the most amazing and inspiring people, enough for a life time, and it's only just begun."*



# OUR JUNIOR TEAM

Polaris Outdoor provides opportunities to join the team through **our own in-house training programme**. We're really proud of the achievements of our junior staff: Charlie, Shane and Harry started out as Mat's students and worked their way through his survival programmes whilst at school, which are now available for all. Staff work on their personal skills and document their ongoing progress through their Logbooks, augmenting their practical skills with qualifications and industry tickets; including Mountain Leaders awards, climbing, kayaking, first aid, food hygiene, child protection and safeguarding training. We are always interested to hear from inspiring people who would like to join our team.



## CHARLIE HUDSON

Charlie has been working with us since leaving school. He's been a participant on both our Arctic Winter and the Borneo Survival Expeditions.

He lived and trained in South Africa for a year where he became an instructor at the Outward Bound international School of South Africa. He is now a rock climbing, abseiling, kayaking, canoeing and safari instructor and leader.

Charlie is now a self trained blacksmith and an experienced carpenter. His excellent teaching skill and calm manner often has him training and teaching the teachers on our camps and expeditions.

*"If ever you find yourself in survival situation, a Polaris instructor is who you would want with you. Be safe in the knowledge that they could not only handle anything coming your way, but could provide you with the skills to survive."*



## HARRY SPONG

Harry has been through the Polaris Survival training programme and has led our Sea Kayaking trip to Cornwall. Due to his exceptional leadership skills and team ethics he was recruited by the Scouts to lead groups in South London and later the Princes Trust.

His dedication to helping others is truly inspiring. Harry pays particular attention to safety and is 100% reliable and trustworthy. He is an advanced off shore first aider and is looking forward to a great future training and leading people in the outdoors.



## SAM AMBROSE. BA (HONS) COUNSELLING AND PSYCHOTHERAPY

Sam is an experienced outdoorsman and a trained psychotherapist who has experience working with both young people and adults who face difficulties with their mental health. One of his passions is promoting the therapeutic benefits of spending time outdoors in the wild which is free and available to all. Sam's understanding of psychological development and therapeutic approaches helps him teach people in the context of their own lives.

*"Our individual personal well-being and mental health is of great importance. As an experienced psychotherapist I can help change peoples perspectives and lives through the courses and incredible expeditions offered by Polaris Outdoor. Its a real joy to see people develop and change for the better."*





### DAVID MARKLAND

David has led expeditions to Peru and managed construction projects to build water towers for indigenous people in the jungle. He is a strong and able practitioner in all aspects of outdoor education and pursuits, from UK based winter walking and campcraft to international expeditions, and jungle survival. He has travelled much and experienced many of the harder places of societies and human habitations. With this experience he can teach people how to look for dangers whilst outdoors, then mitigate them to stay safe and secure: whilst also increasing individual confidence and competence.



### IMI BARNSELY. BSC (HONS) GEOG, PHD

Imi is a PhD student investigating natural and sustainable methods of flood damage reduction in groundwater river systems. Her research is fuelled by a fascination with the natural world and a passion for the outdoors.

When not up to her armpits in a river, Imi can be found rock climbing, hiking, and triathlon training. She has a belief that connecting people with nature and the outdoors can have significant mental health and well-being benefits. She is eager to help people experience this through our camps, survival training and expeditions.



### GRAHAM MOATES. ML, MBA, FRGS, FINSTLM

Graham has over thirty years experience leading teams on marine projects in well over fifty countries. His career developed from his passion with maps, and map making. Graham is a Fellow of the Institute of Leadership and Management, and a Fellow of the Royal Geographical Society.

Graham has given time to working with young adults, managers, senior leaders, and those volunteering through a number of charitable organisations. As a coach and mentor Graham has delivered on one of his key core values of giving back; by helping people learn a variety of new skills while developing their own personal potential.

He is a qualified Mountain Leader and enjoys escaping to the mountains and countryside as part of rest from his day job. Alongside this Graham is a qualified outdoor first aid instructor and is an ambulance service, 999, Community First Responder in his local community.



# EXPLORE WITH US



## OUR AIM

Our aim is to support the positive progression of the human family; through scientific discovery, environmental sustainability, anthropological research, personal development, continued mutual respect and top outdoor survival skills training.

## WHAT WE HAVE DONE

We work with educational institutions, museums, companies and NGO's to complete specific research-based projects and survival training for specialists, corporations, adventurers and travellers; specialising in technically and often logistically difficult environments.

We have travelled to every corner of the globe, working in situations that include Humanitarian aid, adventurous expeditions and first ascents, to military service, and scientific research. Our leaders have worked with the Natural History Museum, The Royal Geographic Society, National Geographic, Disney, the Royal family, Sir David Attenborough, Sir Ranulph Fiennes, Gordon Ramsey and many more.

## WHAT WE CAN DO FOR YOU

Want to go somewhere remote? We can plan it. Want to go on a super unique adventure with your company or team? We can make it happen; and if you want your students to become strong and independent world-ready young leaders we can make it happen.

Polaris Outdoor can teach you skills that less than 1% of people in the west possess. You will learn to thrive in tough places, learn skills that can enrich your life and increase your confidence. You will gain knowledge that will make you a powerful person inside and out.

You may have noticed that our staff team are not just excellent outdoor leaders, they are also teachers, mentors and humanitarians.

The areas of focus include:

1. **Planning and running expeditions anywhere on Earth**
2. **Physical, mental and emotional wellbeing**
3. **Building teams and connecting people**
4. **Development for senior management**
5. **Academic and career progression for students and young people**
6. **Developing relationships, personal peace and happiness**

Our approach also ensures that we dovetail with and promote your ethos in everything we do.

**Get in touch to find out how we can help you and your team succeed**





# OVERVIEW

Our expeditions and activities programmes are unique. Through prior training you will be able to thrive in locations that the average person would not be able to go. You will experience new landscapes and meet people from different cultures. They provide the most inspirational and exceptional opportunities for personal development.





# SURVIVAL TRAINING

INTRODUCTORY, INTERMEDIATE AND ADVANCED. 2 DAYS, 1 NIGHT



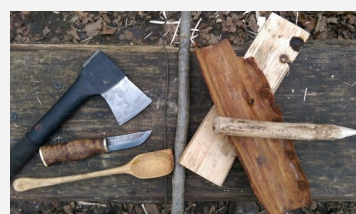
## A WHOLE NEW EXPERIENCE AND OUTLOOK ON LIFE.

The Survival Training offers outdoor learning at its best. Participants learn the skills needed to survive outdoors in all seasons, with **winter being our most popular season for learning**. Develop your bushcraft and survival skills to an extremely high standard, and finish with the knowledge, attitude and skills necessary to thrive in even the most challenging of situations and environments. This applies equally to the outdoors as it does to other aspects of a persons' life.

As you work through our 3 levels you will have the opportunity to demonstrate a progression of learning and personal development that is second to none. The courses are also a tremendous pre-expedition training programme for anyone travelling abroad and for team building and leadership activities. This foundation of exceptional learning is the backbone to what we do and will support any person into becoming a responsible and effective practitioner in whatever field they choose to enter.

## COURSE CONTENT

- Survival priorities and attitude, expedition planning, preparation and safety
- Fire craft - safety, ignition, fire lays
- Knife craft, safety, the law, carving and the use of woodland tools
- Stalking, tracking, primitive technologies and weapons
- Search and rescue, first aid, managing emergencies
- Foraging for wild foods & medicines, outdoor cooking, sourcing and purifying water
- Camp craft - safety and organisation
- Effective communication, leadership, teamwork and wellbeing
- Wild navigation, compass and map use, Morse code and night navigation
- Shelter - natural and man made, rope craft, knots and tarpology





# CORNWALL SEA KAYAK EXPEDITION

1-5 DAYS AND 4 NIGHTS



Kayak and camp along one of the most beautiful and dramatic coastlines in Europe. Receive professional tuition from internationally experienced sea kayaking instructors and survival experts. You will learn to forage along the coastline and find amazing foods and resources, then wild camp on secluded beaches and historical sites. There are also opportunities to earn an Open Water Sea Kayaking Qualification too!

At the end of the expedition, participants will have developed the mindset and a number of skills necessary to succeed in any aspect of their lives.

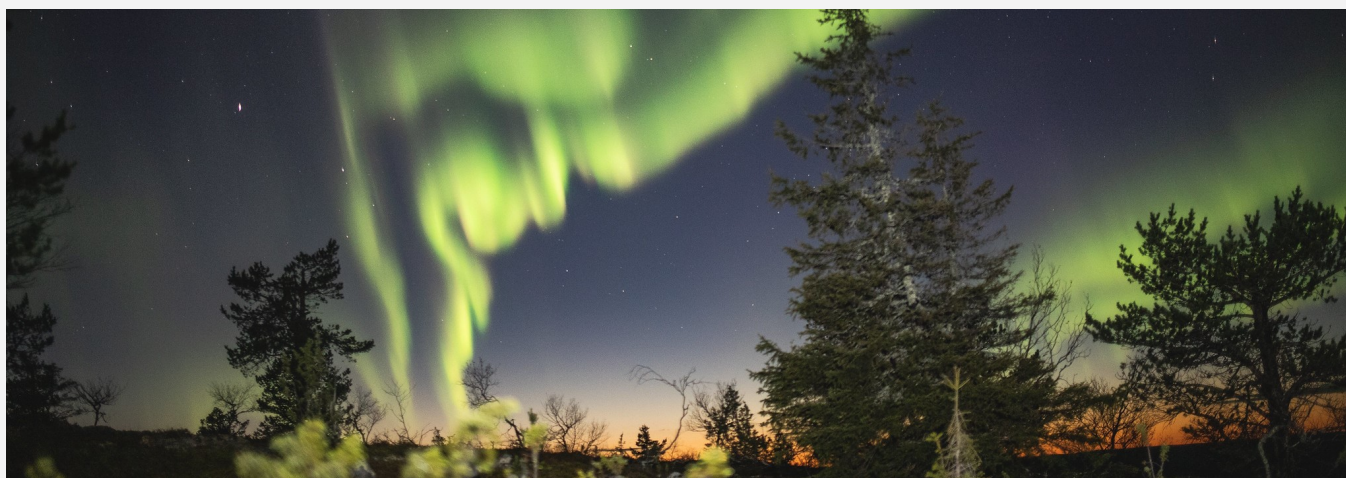
## COURSE CONTENT

- Sea kayaking instruction and certification
- Expedition planning
- Open water navigation, safety and rescue techniques
- Canadian canoeing skills (optional extra)
- Fishing from your kayak on the open water
- Foraging; identification of foods in the wild on and off shore
- Knife craft
- Expedition cooking and nutrition
- Shelter and camp craft skills
- Survival priorities and techniques
- Open water first aid, search and rescue



# ARCTIC WINTER EXPEDITION

7 DAYS, 6 NIGHTS



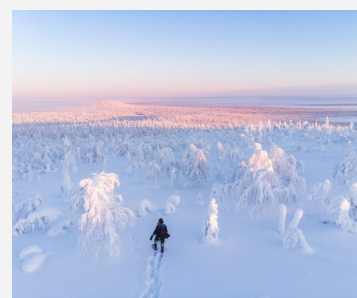
The Arctic is a truly magical place. There is a peace and excitement in the air here that is felt no where else. On this trip you will learn and experience how to survive and thrive in Arctic conditions and develop resilience, self-confidence, leadership and teamwork skills to the highest of standards. You will learn to build igloos and snow caves, and manage husky dog teams; and if you are lucky, get to see the incredible northern lights!

This course can also include a **personal development work book** and journal that helps the individual get so much more out of their experience here. Ask our team for details.

## COURSE CONTENT

- Cross-country skiing
- Snow shoeing trips into the peaceful wild backcountry
- Tracking animals
- Husky dog sledding
- Planning and leading expeditions
- Safely building and sleeping in snow shelter
- Navigating in white out conditions through dense forests and across tundra-like environments
- Establishing arctic expedition base camps
- Conducting search and rescue operations with avalanche beacons
- Developing arctic first aid skills

*"The Arctic expedition is pure magic. The peace and tranquillity combined with 'out of this world' views and survival skills really sets this trip apart."*





# ARCTIC GOLD EXPEDITION

7 DAYS, 6 NIGHTS



This trip offers a unique opportunity for a truly epic adventure that will fuel awesome campfire stories! Join us in Northern Lapland during the few snow and ice free months of the year. Immerse yourself in the history and culture surrounding the gold and World War II sites in this part of the world. Have a true bushcraft and survival experience... all with a valuable twist.

On this adventure, you will get to canoe down one of the most beautiful, meandering rivers you have ever seen. You will learn the survival skills needed to stay alive in this stunning place and maybe you will find GOLD! Spoon and bowl carving classes, treks into the beautiful open wilderness and amazing food are all a part of this very special adventure.



## COURSE CONTENT

- The origins of gold in Finland with a guided museum tour
- Bushcraft & survival training, Finnish style
- Develop knife-craft skills and take your creations home
- Canoe on the beautiful meandering rivers. Fish from your boat and cook what you catch.
- Wild camping learning traditional camp craft skills
- Forage for food and cook hearty local recipes over a campfire
- Learn the signs to track wildlife
- Hiking with a local guide whilst learning key indicators for gold
- Discovering WW2 bunkers & German occupation heritage sites
- Gold panning techniques and lessons
- Panning for gold in the rivers and streams
- Working a sluice on a real gold claim.
- **Keep the gold and precious stones you find!**
- Smelting lessons with gold & jewellery making





# BORNEO JUNGLE EXPEDITION

14 OR 21 DAYS



Come to Borneo to complete a meaningful, sustainable and long-lasting humanitarian aid project that will truly make a difference. Every service project is unique and is given to us by the local people who desperately need basic resources and help. Raise funds for a project that will transform the lives of the locals and the participants!

You will learn jungle survival skills in the rainforest, learn to cope with difficult situations and become tremendously confident in your abilities. Participants test themselves and their new-found skills **on a deserted tropical island** off the coast of Borneo. This is an incredibly unique opportunity that very few would ever have the chance to do.

Activities can be added to the itinerary creating a unique experience of Borneo. Please call to discuss how we can tailor your personalised experience. A few potential options are listed below.

## COURSE CONTENT

- Obtain a PADI Diver open water certificate in tropical clear waters
- Climb the highest mountain in South East Asia
- Go white water rafting
- Visit the Orangutan Sanctuary in Sepilok
- Take a river tour and see some amazing wildlife
- Visit Native villages and experience the history and culture of this amazing country
- Plant trees in the jungle to re-populate the rainforest
- Visit the Mari Mari cultural village and see the head hunting tribes
- Do one of the best island to island zip lines in the world





# PERU EXPEDITION

14 OR 21 DAYS



Peru is a mystical and magical place steeped in rich culture and sometimes bloody history; it has everything from the deep impenetrable Amazon jungle and its astonishing wildlife, to some of the highest and most impressive mountains in the world. It also has deep endless forbidding deserts that seem empty and impassable... but not for Polaris Outdoor. This may be one of the most enriching expeditions a person could ever complete.

This expedition is especially special... In partnership with the Natural History Museum of Lima we offer participants the unique opportunity to go to the seemingly impassable desert regions to look for buried treasure in the form of ancient fossil remains of giant whales and the largest carnivore to ever have been discovered! Key archaeological sites are also yet to be discovered.

This expedition lends itself beautifully to academic research. There are opportunities to undertake case studies in Science and Geography, degree based dissertations and post graduate and PHD research in Geology, Palaeobiology, Palaeontology, archaeology and more.

## COURSE CONTENT

- Complete one of the incredible Inca Trails leading to **Machu Picchu, one of the seven ancient wonders of the world**
- See the wonderful city of Cusco and take in the sights
- Go to the edge of the world and step off the map in the Peruvian Amazon
- Complete meaningful humanitarian aid projects in the jungle
- Go to the high Ica desert and find treasure in the form of important scientific artefacts and fossils





# TANZANIA KILIMANJARO EXPEDITION

15 OR 21 DAYS



Run in partnership with Footmark Safaris. One of the iconic trips of a lifetime. The Machame Route on Mount Kilimanjaro is well known and is a good route to help ensure you successfully summit Kilimanjaro.

Do a safari in the Tarangire National Park. Passing open plains and great views of Kilimanjaro and Mt Meru along the way. You might see herds of migratory wildebeest, gazelle, zebra and buffalo and many more animals and birds gather along the shores of Lake Natron.

The legendary Serengeti National Park also awaits. Famed for its annual migration, when some six million hooves pound the open plains, as more than 200,000 zebra and 300,000 Thomson's gazelle join the wildebeest's trek for fresh grazing. And what better way to see such beauty than by hot air balloon!

To end an epic trip, enjoy Zanzibar's paradise. Truly a trip to never be forgotten.

Local communities are always in need of help. So get active and raise some money to do something amazing and participate in one of our humanitarian aid projects.

## COURSE CONTENT

- Eight days seven nights Machame route is the ideal schedule to successfully complete the Uhuru Peak attempt
- Safari in the Tarangire and optional Serengeti national Parks
- See incredible wildlife via a hot air balloon ride!
- Go to Zanzibar and enjoy a taste of pure paradise on white beaches
- Complete a meaningful community project and do some fundraising before you go





# JET SKI SURVIVAL EXPEDITION

HIGH CLASS OR HARD CORE! DAYTIME EVENTS AND 1-4 NIGHT CAMPS



Have you ever wanted to do something so unique and **a little bonkers** that everyone's ears perk up when you mention it? Well, if you do, keep reading...

It's not all about where you are that makes something incredible, it's what you can do when you are there. The jet ski survival is exactly what it sounds like. Here you will pick up some brilliant jet ski skills, wild camp in amazing places, fish, collect and gather from the wild, build shelters and even have 5 star BBQ's on the beach if you want.

**You can make this as high class or as hard core as you like.**

**At any time of year** you can get out on the sea and have a go, and to be honest, the tough weather does make for the best stories!

Give us a call and book an event where you can learn to become a super confident survivalist and have a great time with your friends or team.

## COURSE CONTENT

- Learn to be confident to ride a jet ski with your friends and colleagues
- Take the jet ski's out to tiny islands and camp out in the wild. Get refuelled on the move and just keep going!
- Anchor the boats at night, swim to shore and make camp with your gear
- Cover long distances around the coast, taking in the beautiful vistas
- Fish and forage for food along the coast and cook on an open fire
- Build shelters from beach debris or go for 5\* accommodation
- Explore the coastline, find fossils on the stunning Jurassic Coast
- Learn how to light fire, use a knife and become a real survivalist!



# TRAVEL SAFETY TRAINING

DAYTIME EVENT, AND OPTIONAL CAMPS



## Want to be better prepared, and feel more secure whilst on the move?

We have teamed up with **Krav Maga UK** for a brilliant education on how to stay safe whilst traveling the world.

This course will give you an in depth and detailed knowledge of how to be well prepared and confident as you travel. Whether you're a student on a gap year, a working professional or on a personal adventure, this course will help you to optimise your enjoyment. You will come away better prepared to cope with the pressure when things go wrong, maximising your opportunities to get the most out of your holiday or trip.

No matter where you chose to wander, from the Scottish Highlands to the Favelas of Brazil, this course has something for you.

## COURSE CONTENT

- Prior preparation including research, paperwork, clothing and equipment
- Map skills, route setting and local knowledge
- Emergency escape routes and evasion
- Martial arts and self defence training with nationally accredited certificates
- Danger zone preparation, both human and natural
- Camping techniques including camouflage and concealment
- Wilderness and urban survival skills
- Bushcraft and field techniques including knife use and fire lighting
- Fauna and flora: key dangerous plants and animals, plus food sources
- First aid in the field: what to take and how to use it





# 72 HOUR BUG OUT TRAINING

DAYTIME EVENT, AND OPTIONAL CAMPS



**If you had to leave the house in 30 seconds flat, could you do it and be prepared in body and mind?**

The 72 Hour bug out exercise is used for emergency evacuation training, and is suitable for corporate team building, families, preppers or a bunch of friends who want to have a challenge and a great adventure.

Join us on this unique survival camp where you will be taught and tested by top survival instructors. Knowledge and skill can make you powerful in any environment. We will teach you what it takes to thrive when it all hits the fan.

Set in the heart of South Downs your journey will take you on a quest to navigate to your place of safety in the woods where you will establish a camp, build a shelter and spend your remaining time learning to survive and adapt to your environment.

Prior to this activity you will receive a kit list that you will need to gather before you attend. This kit will make up the entirety of your 72 hour bug out bag.

## COURSE CONTENT

- Navigation inc. wild navigation and evasion
- Fire ignition and firecraft, plus outdoor cooking
- Stalking and tracking
- Wild foods, medicines and poisons
- Emergency man made shelters
- Natural Shelter building
- How to use your 72 hour emergency equipment
- Knife skills and camp craft
- Bushcraft First Aid
- Water purification



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# SCHOOL CAMPS & ACTIVITY DAYS

## DAYTIME EVENTS AND 1- 4 NIGHT CAMPS



School camps and activity days are a fantastic opportunity for students to be inspired, to develop valuable academic and life skills. Participants will experience how to really survive and thrive in the wild; and for pupils and staff to celebrate and have a brilliant time! They can be held on school site or with us at one of our diverse locations.

Our school camps and activity days can be a one off activity, **tailored to your schools ethos and goals**, or progressive throughout each year in school. We have curriculums designed to fit into what the students are learning for a variety of subjects.

**Every time your students spend time with our world class instructors they will learn something new about the wild and about themselves.** The personal growth on these activities have been proven and documented, so much so that several of the students who have been through the training now work for Polaris, rubbing shoulders with seasoned instructors 20 or more years their senior.

**Don't forget the teachers.** Most of our team have taught in schools, so our courses are all designed to let you, the teaching staff, enjoy the experience and have a great time. We try hard to look after you guys.

Some of our activities are listed below, but give us a call as nearly all our school work is customised to your particular needs.

## COURSE CONTENT

- **Whole year group/house events:** Get to know you days, induction activities and fun camps
- **Learning experiences and camps :** Many topics and skills to choose from. Call to discuss your topic
- **Young leaders and prefects:** Training, values and development for young leaders at senior school
- **Spoon carving classes, wood work and tool use:** Fitting with KS3-5 Design Technology and Art and incredible therapy and wellness for those who need a confidence boost or an opportunity to create something amazing
- **Personal wellbeing and reward:** We have a vast amount of experience working with students with specific needs, and rewarding those who push their boundaries to make great progress
- **Bushcraft and wilderness skills:** Fire, shelter, foraging for wild foods and medicines, cooking over an open fire, shelter building and safety, use of primitive weapon technologies, animal stalking, tracking and more
- **Practical skills:** cooking, personal and camp hygiene, food and nutrition, time keeping, organisational skills and kit management
- **Expedition skills and global travel safety training:** camping methods, first aid, search and rescue and modern navigation. Travel safety courses for industry and gap year students
- **Night games, wide games and Polaris Olympics:** Just lots and lots of fun!



# CARVING COURSES

## DAYTIME EVENTS AND WEEKENDS



New skills and personal wellbeing go hand in hand. Learning something new can give a huge boost to your moral, put a positive change in your routine, create a new hobby, and even turn into a business. All of this can **help improve mental health, self confidence, personal satisfaction and much more.**

Join us for a lovely day in a beautiful woodland, or at your own preferred location, learning to carve a spoon: much like the one's found on King Henry VIII's sunken flagship the Mary Rose. We can also help you to craft spatulas and other utensils. On longer courses you can even try your hand at a traditional Kuksa, from Finland, perfect for soup or a hot chocolate around the fire.

Our staff are highly skilled and experienced woodworkers and some also sell their work privately. They are offering their expertise to teach you how to safely use an axe and a knife to create something unique to take home with you

We have had executives of large firms and students alike engrossed for hours making something useful and beautiful.

### COURSE CONTENT

- Which trees and types of wood are useful for different tools and craft items
- The properties of the different wood that can be used for carving
- Knife safety training and the law
- How to use a knife to make basic cuts needed in a survival situation
- Carve a spoon, a spatula and other useful items

Once you've mastered the basics we can help you to progress onto making a wide range of other items, such as bowls, Viking chairs and even a bow. There are a whole host of other tools that can be mastered to help you with your carving projects..

Take your team, family or students out for a wonderful time creating something fantastic!



# STAFF AND LEADERSHIP TRAINING



Helping your team perform to the very best of their ability is extremely important to us. We have handled teams in some quite stressful and demanding environments. Often the work environment can be as tough as the Arctic cold or the desert heat; this is where we can help.

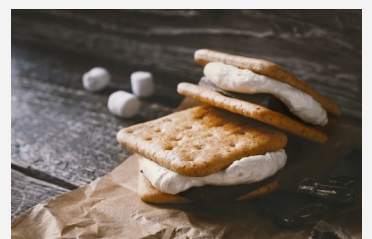
We have worked with management teams at schools, universities and companies, from small to large. Our advisory team is made up of experienced teachers, respected management consultants, trainers coaches and mentors, and world class explorers and expedition leaders with some amazing and inspiring stories to share!. You can't help but be inspired with some of the people on the Polaris team, they have set foot where a handful of humans have ventured and done things that few would dare.

Whether you want to work with us in the office or take it outdoors we can help. Give us a call for more information on our team days and management training.

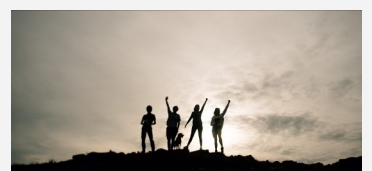


## WE CAN ASSIST YOU TO:

- Improve Wellbeing
- Excel as a coherent staff team and develop personal resilience
- Inspire and coach others
- Lead, serve and manage effectively in times of change
- Use the outdoors to teach and bring alive multiple aspects of your life and work
- Improve mental and emotional tenacity through connections to nature
- Develop a learning and performance based culture



Contact us for an exploratory conversation to find out more about our approach and how best we can help you.





# GIVING

## YOU CAN HELP

At Polaris Outdoor we want everyone to have the opportunity to access life changing experiences, and to share their gifts and talents with others. We use a percentage of our profits to fund training, personal development and expeditions for those who otherwise wouldn't be able to afford such things.

By donating to our humanitarian aid project funds, sponsoring places or by giving time and expertise to any of our projects, you'll be supporting young people in need.

## SPONSORSHIP

Sometimes money can be a barrier to young people accessing such enriching activities - you can make the difference.

We are looking for organisations and individuals who can make a big change in a young person's life by gifting them a place on one of our development programmes or expeditions.

Through these experiences they'll become better equipped to identify & create life opportunities, understand consequences, thrive on change, achieve more with less in addition to developing greater personal discipline, purpose and resilience.

Whether it's a weekend survival training course place or a full expedition place to Peru, Borneo or the Arctic... every penny makes a difference...

You can fund a place online through our website today.

It's our dream to be able to take a cohort of twenty young people on expedition each year through the sponsorship programme. Each participant is chosen by schools for the impact that it could have in turning their life around and helping them find their way in both life and the world.

Find sponsored events on the calendar at [www.PolarisOutdoor.co.uk](http://www.PolarisOutdoor.co.uk)

## HUMANITARIAN AID CONTRIBUTIONS



Find out about each of our latest humanitarian expedition projects on our website and discover how you can help fund sustainable upgrades in a community around the world.

[www.PolarisOutdoor.co.uk/giving](http://www.PolarisOutdoor.co.uk/giving)

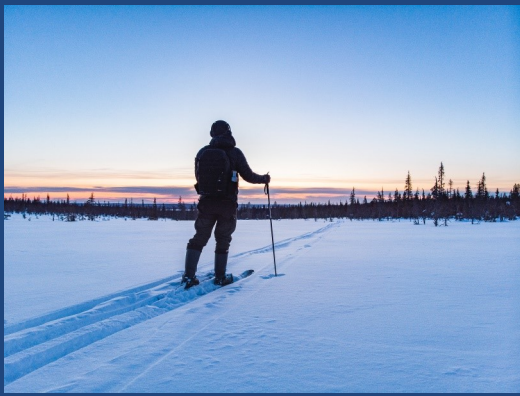


*"The greatest happiness and personal satisfaction in life comes from giving, not receiving!"*



[info@polarisoutdoor.co.uk](mailto:info@polarisoutdoor.co.uk) +44 (0)1273 978 177





Expeditions

Scientific Research &  
Exploration

Bushcraft Courses

Corporate Events &  
Training

Survival & Preparation  
Experiences

Woodcraft & Carving

Personal Training &  
Development

Plan you own  
Adventure packages

Staff & Leadership  
Coaching and Training

School Camps

Anywhere in the world



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