



EXPLOR-A
RISK | MEDICAL | EXPEDITIONS

The Adventure Medic Student Program

Prospectus 2024





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The Adventure Medic Student Program

The Adventure Medic is a four-and-a-half-day outdoor education program aimed to develop the next generation of leaders and teams. We achieve this through a combination of remote first aid and expedition medicine training.

We deliver four key concepts throughout the program

- Pillars of leadership
- Pillars of teamwork
- Remote First aid
- Expedition Field Skills



Pillars of Leadership

Leadership isn't about holding authority over someone else. It's about positively influencing people to reach new heights. Aspiring to become a great leader is important because it helps people realise their potential and develop new skills. At Explora we build leadership capacity through four pillars.

Pillar 1 - Emotional Intelligence (EQ)

(builds the ability to effectively communicate)

Pillar 2 - Radical Emotional Transparency

(builds an approachable and trustworthy leader)

Pillar 3 – Profound Authenticity

(builds and values competence and confidence)

Pillar 4 - Embracing Uncertainty

(Builds adaptability)



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Pillars of Teamwork

Teamwork is about working together to achieve a common goal. At Explora we build teams through three pillars.

Pillar 1 - Accountability
(promotes responsibility)

Pillar 2 - Interdependence
(understanding your role and contribution)

Pillar 3 – Collective Purpose
(buy in to the “why”)



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Remote First Aid

We introduce the fundamental knowledge and skills required to respond to an emergency in a remote setting. Students will be immersed as medics and work in teams to identify and treat common injuries and illnesses.

Students will learn decision-making skills and treatment principles whilst working through 'real-life' remote emergency scenarios.

Topics

- Rapid patient assessment
- Cardiopulmonary resuscitation
- Fracture management & dislocations
- Improvised splints
- Wound management (minor and catastrophic)
- Airway and choking management
- Asthma
- Allergies and anaphylaxis
- Heat & hydration
- Hypothermia & non-freezing injury
- Envenomation management
- Lightning and electrical injury
- Seizure and epilepsy



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Expedition Field Skills



We enable students to successfully operate in remote and extreme environments. These skills come from our years of military, emergency service and expedition experience.

Topics

- Field hygiene
- Water purification
- Food preparation and fire pit safety
- River crossing techniques
- Search and rescue techniques
- Rope work for basic rescues and evacuations
- Radio communications
- Emergency shelters
- Improvised shelters
- Night navigation techniques



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Modes of Delivery

This is a highly practical course that is delivered through a combination of:

- Didactic lectures in the field
- Practical training
- Practical scenarios

Enrolled students receive a link to online modules that are to be completed prior to attending the program. This ensures that each day students are outside to maximise their practical skills and leadership development.

We pride ourselves on delivering this program PowerPoint FREE!

The Trainers

Our trainers are a unique professional group who come from military, emergency service and outdoor recreation. They are an experienced bunch who will take your students from zero to hero in only a short few days!



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Awards and Certifications



1. The Adventure Medic Alumnus Certificate

2. Remote Area First Aid Course (Nationally Recognised)

- HLTAID009 Provide cardiopulmonary resuscitation
- HLTAID011 Provide First Aid
- HLTAID013 Provide First Aid in a remote or isolated site

3. Transcript - Expedition Medicine

- CORE - Introduction to Extreme Environment Medicine (C1-IEM) (partial completion)
- CORE – Expedition Field Skills (C3-EFS) (partial completion)
- CORE – Expedition Medicine Skills (C4-EMS) (partial completion)

4. Student of Merit (SOM) Award

- Awarded to one student per group

COST & DURATION

4.5-day option

\$565 per student (12 - 20 Pax)

\$520 per student (21 - 48 Pax)

Comparison

Most other training organisations charge over \$600 for a standalone wilderness first aid course.

LOCATION

Our program is as flexible and adaptable as you need.

It can be facilitated as a multi-day event at your school grounds or as part of a multi-day overnight school facilitated camp.



Testimonial

“We have been partnering with the Explora Medicine team for a few years now and have appreciated every aspect of our interacts. Their professionalism shows in how they engage students to achieve the best learning outcomes during the various experiences they offer. Their support of our needs was outstanding, being approachable, proficient and polished”

Jared Crunkhorn
Head of Outdoor Education
Anglican Church Grammar School



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The Adventure Medic Student Program

Developing the leaders of tomorrow through
emergency response training.



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