

More information about WMT's Expedition Medicine in Chamonix (winter) course



More information

Expedition Medicine in Chamonix (winter) – 15th year!

When? Monday to Friday 19-23 January 2015

Please Note: any specific information on the course webpage (particularly dates, rates, programme details and faculty) always supersedes this generic note.

CPD Credits

We estimate this course is valid for at least 17.5 CPD credits.

Thanks for downloading this more information file about this great Chamonix winter course. We hope this answers your questions and that you'll join us.

Comprehensive syllabus – engaging lectures & practical sessions – great social & snow sport opportunities - inspiring faculty

Fees: tuition only: £495 (nurses/med students £400)

WMT Chamonix events are aimed at aspiring and experienced expedition medics. Our world-class faculty, programme content, support materials, Chamonix venue and mountain activities are unrivalled.

Timings

Starts 3pm Monday and formally concludes 7.00pm Friday. Four out of five days run 3pm - 7.30pm + one half day outdoors. The rest of the time is free for snowsports! No prior expedition or skiing experience required to attend. Most people make a week out of the trip and attend the optional glacier trekking experience on Saturday after the course.

Teaching team

We normally have a dream team of up to **10 faculty and guest speakers lined up** to teach this special course. All are tried and test and have contributed on many WMT courses for explorers and medics in the UK, Morocco and Chamonix. They have fantastic expedition and travel track records. Please see the website for the names of our 2015 instructors and below for bio details of WMT's directors who will lead the 2015 course.

Dr Harvey Pynn, MA FCEM DMM (UIAA) DMCC DTM&H, WMT Medical Director

Harvey is a Consultant in Emergency Medicine at Bristol Royal Infirmary and an Honorary Consultant in Pre-Hospital Emergency Care with Great Western Air

Ambulance. He has undertaken several operational tours across the Middle East whilst serving in the Armed Forces. Harvey has completed more than 10 expeditions worldwide – mainly in mountain and jungle areas (both as leader and doctor). He holds the Mountain Leader award and is an ALS, APLS and BATLS Instructor. Harvey has particular interests in trauma, environmental and tropical medicine and has completed the diplomas in mountain medicine and medical care of catastrophes. He completed the diploma in tropical medicine in London in 2011. Amongst his many publications Harvey recently edited a chapter in the Oxford Handbook of Expedition and Wilderness Medicine. On the expedition front, in April 2010 Harvey completed the gruelling Marathon de Sables in Morocco for the charity Mencap and more recently took part in a medical research expedition to the Cordillera Real of the Bolivian Andes. Harvey was appointed WMT Medical Director in August 2013 after 10 years of teaching, developing and directing WMT courses including the Chamonix summer course twice.

Barry Roberts BSc BEd, WMT Commercial Director

Barry is a professional expedition leader who has maintained a long-standing interest in wilderness medicine since ski patrolling, climbing and leading canoe expeditions in Canada in his late teens over a 35 years period and counting. He is formerly a Director of Raleigh International and has 25+ diverse international expeditions under his belt, mainly to the mountains in Kenya, Uganda, Tibet, Nepal, Pakistan and Greenland. He is an advanced diver, paraglider pilot, skydiver, a climber, qualified Day Skipper, a ski instructor and ski mountaineer. He writes regularly and is the co-author of Staying Alive Off-piste, a contributing author to the OUP expedition medicine handbook (3 chapters) and author of many adventure magazine features. Barry is also a corporate leadership and team development consultant. From '04 to '08 he was sponsored by The North Face and he has spoken widely to corporate and public audiences about his expedition life. He continues to work with The North Face on a variety of projects. Expedition highlights include Everest in 2004 and in 2006 leading the first winter ascent of the highest mountain in the Arctic (Gunnbjørnsfjeld in Greenland) from which he paraglided off. He has a great affinity to Chamonix and has climbed, skied and paraglided in the area for over 20 years.

What you need to do to come!

1. Get leave approved (or better still study leave – worth 17.5 CPD credits)
2. Book and pay online with WMT
3. Book cheap flights
4. Book accommodation
5. Nearer the course, you'll receive more information from WMT about ski hire, ski passes, optional activities and more and you'll need to sort transport to the resort from Geneva, but no action is required for now

Outline Programme – see this website page for the latest version and to book and pay online

<http://wildernessmedicaltraining.co.uk/expedition-medicine-in-chamonix-winter-2>

Course venue

The course is held at the Salle du Bicentenaire (attached to the Musee Alpin) in central Chamonix, near The North Face shop and McDonalds. Any local accommodation provider will know where this is and be able to advise how close they are to it.

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Getting to Chamonix

During the winter many low-cost airlines fly from numerous UK airports directly to Geneva. Chamonix is 60 miles/100km from Geneva and it costs about £50-£60 for a shared return airport transfer to the resort. Groups travelling together will find it cheaper to hire a car for the week than pay for transfers.

Glacier trekking experience - optional activity Saturday after the course

Once again we'll offer a brilliant guided opportunity to go glacier trekking and ice climbing. Further details and cost are to be confirmed.

Ski pass prices <http://www.compagniedumontblanc.co.uk/en/lift-passes>

Surfing for accommodation, flights etc.

www.chamonix.com is a fantastic for local information like pictures, webcams, accommodation options and more. www.chamonix.net is better for info about getting to Geneva and Chamonix, flight options from anywhere in the world, airport transfers and more. **You need to fly into Geneva, Switzerland.**

Some scheduled UK flights to Geneva

- Easyjet www.easyjet.com
- BMI Baby www.bmibaby.com
- Jet2 www.jet2.com
- British Airways www.ba.com
- Swiss Air www.swiss.com
- use www.skyscanner.net to search for you!

Airport transfers

Allow 1½ hours to get to Chamonix by transfer minibus. Visit this link for [Chamonix – Geneva Airport Transfers](#) – about £25-£30 each way for door to door mini-bus services, depending on number of passengers and time of booking. Mountain Dropoffs give WMT students 10% off. Book using discount code WMT01.

Geneva car hire

The bus and train service around the Chamonix valley is good but a car can be very handy for maximising your time on the slopes. Bear in mind too that a return minibus transfer from the airport is £50+ that could be put towards car hire. It is 100km from the airport to Chamonix and about £10 return for motorway tolls. The ski station car parks are generally at low altitudes so driving to the slopes isn't too scary. Make sure snow chains are included just in case. From the UK, you might try www.auto-europe.co.uk

Accommodation

By a long shot, we suggest the most economical and sociable accommodation option is to get together with other delegates and rent an apartment. Half of our summer Chamonix students did this in 2014. It requires a few people to take the initiative to find a property, then post details on the WMT Facebook event page for this course and get a commitment from others to fill the beds. Easy!

Facebook event page <https://www.facebook.com/events/287617648060562/>

There are many, many apartment hire firms that are easy to find on the web. We highly recommend MyFrenchChalet. www.myfrenchchalet.com has offered WMT

students 10% off property hire (apartments and chalets) – email Elaine Smith the owner from their website before you book/pay online to secure the discount.

Otherwise

People's tastes and budgets will differ and there are options in Chamonix to suit everyone. It's easy to organise a visit to Chamonix and piece together the transfers and accommodation individually (self-catered or catered) - or simply book an all inclusive chalet or hotel package. We suggest it's best to start by visiting www.chamonix.com for lists of hotels, B&B, hostels, apartment and chalets. Hotels are listed by star rating. Not all service providers will be listed on this website so it might pay to surf as well.

Location, location, location! Ask where the accommodation is in relation to the Musee Alpin (alpine museum) which is in the town centre, behind the fire station. Accommodation is not available at the course venue. Beware of properties advertised as being in Chamonix when in fact they are in the "Chamonix Valley" and in one of the outlying villages like Les Houches, Servoz, Tacconnaz, Les Praz or Argentiere for example. If you want to enjoy the nightlife, then you really need to be in Chamonix town. Late night buses are infrequent or non-existent and taxis are very expensive.

Local hostel www.gitevagabond.com

Other Chamonix Hostels

Visit www.hostelbookers.com to search for other hostels including the Hostel-Chalet-Gite Chamoniard Volent which past delegates have recommended as cheap and cheerful.

Ski Breezy Catered Chalet

For catered chalet comfort we highly recommend Breezy and Al's chalet near the hospital. www.skibreezy.com. Mention you're with WMT.

Visas

If you don't hold a full British passport you should check if you need a visa for Switzerland and/or France. If you require a Swiss visa you can exit the airport from the French sector to avoid having to get one.

WMT cannot be responsible for any of the services or prices listed which are given in good faith as a guide only. If you get great (or bad) service, we'd like to know!

Fees: tuition only: £495 (nurses/med students £400)

Fees includes

- Diverse programme over five days
- A bound set of comprehensive notes
- Lectures, discussions and group problem solving sessions that start on Monday afternoon & continue three afternoons until Friday with an outdoor scenario training session am or pm mid-week
- Inspirational early evening *Insight* lecture programme - the last lecture of the day with complimentary wine
- Teas/coffees during main indoor lecture programme
- Up 40% ski hire discount

(Fees do not include travel, accommodation, any meals, ski passes etc or anything else not expressly mentioned above.)

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Availability & booking a place

Please go to this website course page and follow the BOOK THIS COURSE instructions <http://wildernessmedicaltraining.co.uk/expedition-medicine-in-chamonix-winter-2>. We only take bookings and payment online and don't take provisional bookings. Make sure you have leave organised before you book and pay. Once you've booked, you should have travel insurance in place in case you can't attend. There is availability as long as the BOOK THIS COURSE button is displayed so you don't need to check availability with WMT.

Questions - please email wmt@wildernessmedicaltraining.co.uk or call + 44 (0)1539 823183.

See you in Cham!

Team WMT



Book online to join us now! – www.wildernessmedicaltraining.co.uk