

Planning Your First Lectures

When you're starting out as an expedition guide, one of the big questions is: *What should I lecture about?* You'll almost definitely be asked to give one — or several — talks on board. And while that might feel a bit intimidating, it's actually a great opportunity to share something you care about.

Now here's the thing: many ships have onboard experts — marine biologists, glaciologists, historians — who naturally cover topics like penguin biology, the age of exploration, or climate science. So if you're not a specialist in one of those fields, don't worry. In fact, that's your chance to find your *own voice* as a guide.

Start by asking yourself:

What do I find genuinely interesting?

Maybe it's polar survival stories, photography, Arctic myths and legends, navigation, whaling history, cold-weather gear evolution, or the daily life of Inuit and Greenlandic communities.

The key is to:

- Choose a topic that gets *you* excited
- Make sure it connects in some way to the region you're in
- And think about what might surprise or engage the guests

Here are a few real-world lecture examples from fellow guides (and my own) to spark some ideas:

- *Life at 40 Below: How People Survive in the Arctic*
- *Mrs. Chippy: The Cat Who Sailed to Antarctica*
- *The Lost Franklin Expedition: Mystery in the Ice*
- *How to Build an Igloo (and Why You'd Want To)*
- *Polar Bear Patrol: Safety in the Field*
- *A Pilot in the Ice: My Journey from Cockpit to Zodiac*
- *Tales from the Top: Inuit Storytelling and Arctic Spirits*
- *Glaciers for Beginners: What You're Seeing and Why It Matters*
- *Extreme Weather Photography: Capturing the Polar Light*

And remember: you don't have to be the ultimate authority. You just have to be well-prepared, passionate, and ready to tell a good story. Start small — even a short 10-minute talk is a great way to build confidence. Most importantly, don't try to copy others. Find your own angle. That's what will make your voice stand out.