

## **1. General Introduction to Polar Regions**

**Book:** The Arctic: A Guide to Coastal Wildlife by Tony Soper

– A concise field guide written for expedition travelers, covering wildlife, geography, and ecosystems in the Arctic.

**Book:** Antarctica: A Guide to the Wildlife by Tony Soper

– Its Antarctic companion, also great for understanding species and habitats.

### **Online Resource:**

British Antarctic Survey – Discovering Antarctica

– A great free educational site with maps, videos, and teaching resources.

## **2. Polar Bear Ecology and Safety**

**Book:** Polar Bears: A Complete Guide to Their Biology and Behavior by Andrew E. Derocher

– Scientifically grounded, but accessible and highly relevant for understanding bear behavior, which is essential for bear safety briefings and fieldwork.

### **Video Lecture:**

Polar Bears International – Bear Behavior Basics

– A helpful nonprofit site with short videos on polar bear conservation and safety.

## **3. Developing Lecture and Communication Skills**

**Book:** Interpretation of Cultural and Natural Heritage by Freeman Tilden (classic text)

– Foundational for understanding how to make guiding and interpretation meaningful to audiences.

### **Online Course (Free):**

edX – "Communication Skills and Teamwork"

– Offers modules to improve confidence in public speaking and presenting to groups.

**Tip:** Practice giving short 5-minute talks (even via video or with friends) on topics like Arctic foxes, glaciation, or penguin species — this is a great way to prepare for future lectures.

#### **4. Understanding the Expedition Cruise Industry**

##### **Webinar:**

IAATO and AECO occasionally host public webinars on expedition cruise standards. Keep an eye on:

IAATO.org (Antarctic operators)

AECO.no (Arctic operators)

##### **Booklet:**

AECO's Field Staff Guidelines – available on request from AECO or through training partners. Useful for understanding ethical field behavior, wildlife approach distances, etc.