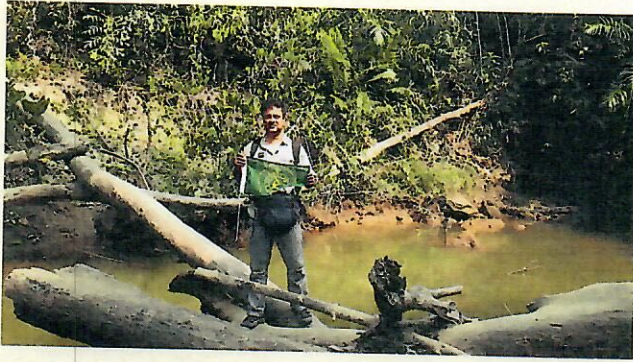


# Top Tips from our Award Winners



**ANIRBAN DUTTA GUPTA – Neville Shulman Explorer Award for Expedition Filmmaking 2017**

## TOP TIPS:

Especially when capturing human-interest stories, I prefer being an observer of the larger picture while documenting the smaller stories. And I never try and influence the narrative. Be sensitive and respectful of the community and individual. Do your research, always smile and carry loads of water.

**ELEANOR DRINKWATER – SES Explorer Award for Inspiration & Scientific Trailblazing 2018**

## TOP TIP:

Find inspiring people to work with. There is nothing better than working with brilliant enthusiastic teammates. Expedition work, planning and fundraising can be challenging, so having the support of teammates, with great senses of humour, is key.



**EILIDH MUNRO – Neville Shulman Explorer Award for Expedition Filmmaking 2018**

## TOP TIPS:

**Tip 1:** Share your idea with passion and enthusiasm – this is the way to find dedicated teammates and inspire sponsors.

**Tip 2:** Have faith that you can do it, while also recognising any gaps in your knowledge; always ask for expert advice, especially from people working in the expedition country, and develop a genuine partnership with them.



**VANESSA O'BRIEN – SES Explorer 2018**

## TOP TIP:

Hydrate, Hydrate, Hydrate! That's fantastic for the daytime, by the time dinner rolls around ... well, all that filtration is starting to work its magic. The problem is now you're probably comfy, socks off, shoes off, and lights off in your sleeping bag but now is not the time... worry no more. Nalgene has a 96 oz Cantene that not only rolls up but weighs not a thing. You are guaranteed never to fill this miraculous invention in a single night and it will do you well in a snowstorm too.

