



**British
Exploring
Society**

Expeditionary Year 2018 Leader Team



Our Leadership Team

Expeditionary Year 2018

Exceptional Expedition Leaders have always been critical to the British Exploring Society and are a fundamental part of what makes us a unique charity. We value them very highly. Throughout our history, our leaders have offered their time freely and have shared their professionalism and commitment for the benefit of Explorers in destinations all over the world.

Our leaders come from a variety of professional backgrounds and bring with them a wealth of experience and skills. As we are sure you will discover, they are outstanding individuals and form a remarkable team.

KEY

- Senior Leadership Team
- Basecamp Manager
- Medical
- Adventure
- School Leader



Toby Floyer
Chief Leader

Having fallen in love with the mountains of Scotland and climbed in the Alps, Toby plied his trade as an English teacher before escaping from the classroom to graduate from Edinburgh's outdoor education programme.

He moved to Australia, where he ran the awesome Mittagundi, a remote outdoor education centre in the high country. What got him up in the morning were long journeys in the bush with young people and packhorses, rafting, skiing, and a simple pioneer life except for all the chainsaws and four-wheel drive vehicles.

Back in Scotland, Toby ran personal development expeditions with Venture Trust, working with an array of amazing participants and incredibly skilled workers in the wilds of the Highlands.



Chris Zintel
Deputy Chief Leader

Chris loves the mountains and grew up exploring the peaks and valleys outside of Seattle in the Pacific Northwest region of the USA.

Getting out of his comfort zone in personal travels throughout Africa, Asia, Europe and the Americas has shaped him by raising his awareness and pushing him to make a positive impact on the lives of individuals in communities around the world.

He currently spends his working days as a researcher, facilitator and leadership coach at IMD. When not thinking about his next adventure, he enjoys glassblowing, backcountry skiing, international travel and spending time with his wife Linda and dog Chewbacca.



Sue Brown
Basecamp Manager

Sue is a keen traveller and believes in travel with a purpose, rather than just being a tourist. Her background is in operations management and previous expedition roles with BES and other youth charities have included Base Camp Manager with BES on their 2017 expedition to the Amazon, Deputy Operations Manager in Tanzania, and Logistics Manager in Namibia.

She also trained for seven years as a front-line disaster rescue worker, equipping her for any event from earthquakes to floods to missing person searches.

When not travelling, Sue loves to do CrossFit – a combo of crazy cardio, gymnastics and weightlifting – which keeps her in shape and her physiotherapist busy!



Sophie Redlin
Expedition Medic

Sophie trained as a doctor in St Andrews and Manchester and will qualify as a GP in London this year. She joined her first expedition at 17 with Brathay and ever since has been passionate about exploration and helping others to have similar experiences. She volunteers regularly at a summer camp for young people with disabilities and spent a year in the Alps working with young disabled skiers.

Her career interests lie in Global health and the impact of the natural environment on psychological well-being. She recently completed a year-long research and film project exploring the impact of community on mental health worldwide.



Konstantinos (Costis) Panaretos
Adventure Leader

Costis is originally from Kerkyra, widely known as Corfu. Many years ago, during his second wave of self-discovery, he was drawn into the need to explore his island on foot. The more he found out, the more driven he became to dig deeper and deeper into his origins. The thirst to answer all the new questions was increasing alongside his desire to share the knowledge, so it was quite natural that very quickly he became a professional trekking leader.

Costis has been leading trekking tours the past 7 years in different parts of Greece and Cyprus. He had walked and shared outdoor experiences with more than 600 people and counting. His passion is investigating our true relation with our natural environment and how it affects us. Costis is fluent in Greek, excellent in English and an expert in the language of expression.



Graham Johnston
Adventure Leader

Graham was an Adventure Leader with BES DNG 2016 in Iceland, where the team enjoyed 3 weeks of exploring and trekking.

He is an enthusiastic Mountaineer, a member of one of the busiest Mountain Rescue teams in Scotland and has climbed all the Munros in Scotland, many of the Lake Districts peaks and some in peaks in Europe.

When not climbing, Graham spends much of his time training Youths for their Duke of Edinburgh awards and or supervising their expeditions. In addition, he is a Trustee of a Youth Charity in Glasgow and often leads young explorers from that youth group across Scotland.

Graham is a strong advocate for expeditions, seeing the benefits that flow to people of all ages, especially from exploring the outdoors in locations that inspire and provide a sense of achievement.



Sarah Legrand
Adventure Leader

Sarah went on her first expedition (to the French Alps) aged 16, and life had never been the same since. She is passionate about experiential education and has led expeditions in Namibia, Costa Rica, the United States and the U.K., as well as working on sail training ships around Europe. She has worked in politics and public health and most recently as a student mentor at a residential sixth form college for young people interested in peace and sustainability.

In her free time, she loves mountains, outdoor swimming and adventuring by bicycle.



Alexandra Buchan
School Leader

Lexy is an English teacher at Phoenix Academy. When not knee deep in literature, she is escaping London to go hiking at every opportunity. Previously a challenging teenager, adventure learning helped Lexy get on the right track in life, and she has been passionate about expeditions ever since.

She knows the transformative experience that outdoor pursuits can have, and is excited for this to be given to as many young people as possible.

Now, Lexy is a dedicated snowboarder, escaping to the Alps to board every winter and hike every summer.



Mark McNally
School Leader

Mark has taught at Northfield School in England for 14 years. Mark gained a BSc (joint honours degree) from Loughborough University in PE/Sports Science and Geography and a secondary PGCE from Newcastle University.

Having previously worked as Head of Geography, Mark has recently qualified as a Specialist Teacher for Visually Impaired Children.

Mark has led a range of geography field-trips to a variety of places, the most memorable being field-trips to the Alps and hiking trips in the Lake District.

Mark enjoys cycling, running, skiing, climbing, hiking and scrambling in the Lake District. He has enjoyed travelling in the Pyrenees, Dolomites and to Peru.



Kate Charters
School Leader

Kate is currently working as a Mathematics Teacher at Caedmon College in Whitby, where her role also includes working at the school's Inreach Centre.

Before this, Kate worked and trained as a teacher in inner city Birmingham through the Teach First Leadership Development Programme. She graduated from the University of Edinburgh in 2014 with a Masters in German and Spanish and is currently working towards a NPQML with a school project focus on Student Leadership.

Her main passions are sailing, outdoor swimming and running and is always trying to fit work around training for her next race! In an expedition context, she is interested in seeing how far students can push themselves and develop their resilience on the Iceland 2018 expedition.



Hannah Dart
School Leader

Hannah is a PE teacher and Head of Outdoor Education at Ormiston Six Villages Academy, West Sussex. She loves the outdoors and is always up for new adventures.

As a keen cyclist, she recently completed a charity bike ride from John o' Groats to Lands End. Hannah can't wait to see the transformations in the explorers over the 3-week expedition and she hopes their memories will last forever.