


HOLLYBUDGE

ADVENTURER | MOUNTAINEER | SPEAKER

THINK BIG. DREAM BIGGER.



On April 3rd 2017, 64 years after Sir Edmund Hillary and Tenzing Norgay became the first to summit the world's highest mountain, British Adventurer, Holly Budge, will embark on her journey to summit Mount Everest. Using cutting edge technology, she will stream video footage, everyday of the 60 day expedition, LIVE on social media to intimately document the everyday struggle and reward of human endurance from one of the most hostile and challenging environments on the planet.

Welcome to **#EverestEveryday Expedition™**



“Living on Adrenaline;
The Adventurer, The Artist
and The Activist.
Meet Holly.”

Sky News

● Join the #EverestEveryday Expedition™

Climbing Mount Everest, whilst not a new feat, is a true test of strength and endurance. The innovation lies in the latest cutting edge, lightweight, and portable technology that will allow Holly to broadcast footage, everyday of the 60 day expedition, to social media using the hashtag #EverestEveryday

Her ‘straight to camera’ style footage will be raw and spontaneous, allowing an intimate insight into the world of big mountain climbing. As yet, no one has stood on the summit of Mount Everest and streamed live to social media.

A broad spectrum of emotions will be seen, from grueling hardship to total euphoria. Over the 60 days, Holly will reveal the tenacity, grit, determination and self-belief needed to achieve her goal of reaching the summit.

Her vision is to inspire others, particularly women, to daydream, meander, run, climb and jump into their own adventures of self-discovery, and in doing so, learn that with self-belief, determination and resilience, even the biggest of challenges can be overcome.



Through the lens of adventure, my vision is to empower others to become strong, independent individuals who live with purpose and confidence, who embrace fear to help overcome obstacles and to encourage the role of leadership.

Her message is simple: Think Big, Dream Bigger.

The clock starts on April 3rd 2017.



● First Woman to Skydive Everest



“An inspiring adventurer, Holly is awesome in the truest sense of the word.”

PechaKucha Brighton

- First Woman to Skydive Mount Everest
- Raced 1000kms across Mongolia on horseback in 9 days
- First group to ascent & summit Mount Zuchi in the Altai Mountains
- Big Mountain Expedition Leader for Summit Climb
- Double World Record Holder

“ In 2008 I became the first woman to skydive Mount Everest. The following year, I raced semi-wild horses 1000 kms across Mongolia in just 9 days. My recent adventures have taken me back to the mountains in Nepal where I have summited Cho-Oyu (8201m), Buruntse (7129m) and snowboarded from the summit of Mera Peak (6500m). Last year, I made a successful first ascent and summit of Mount Zuchi in the Mongolian Altai Mountains and successfully led the ‘Summit Climb 2016 Expedition’ on the technical Ama Dablam (6812m) in the Himalayas. I support a diverse range of charities for which I have raised £300,000 through my adventures.

I started life as an adventurer at an early age. I was practically born in the saddle and carried on to compete for my country in equestrian up until 21. I learnt valuable lessons early on which held me in good stead for my career as an adventurer. Riding horses taught me discipline, the importance of being a team player and the role of competition. In my early twenties, I set myself an ambitious goal and achieved it when I became the third woman to be employed as a skydiving camera flyer in Lake Taupo, New Zealand. Getting paid to jump out of aeroplanes was a dream job and one that my careers advisor had not mentioned! Being a full-time skydiver taught me a lot about facing fear, and on the other side of the coin, listening to intuition.

I am passionate about sustainability, design and conservation. My multi-award-winning campaign ‘How Many Elephants’ presents a physical commentary on the devastating impact of the elephant ivory trade. Few people know that 96 elephants are poached each day and, at this rate, they will be extinct by 2025. Read more at www.howmanyelephants.com



“She’s an immensely enthusiastic speaker and her talks have always been well illustrated, informative and funny. I recommend her highly!”

Dick Willis
The Wilderness Lectures

- Holly is an energetic and engaging motivational speaker who talks passionately about her diverse achievements in the outdoors. Her message is simple: **Think Big, Dream Bigger.**

From basecamp to the boardroom, Holly’s inspiring speeches draw on the experience she has gained as an expedition leader and as a world record holding adventurer. Holly engenders a strong relationship with her audience. She recently spoke at a conference to over 1000 and the following day to an intimate group of 8. Her talk is flexible and adaptable to suit her audience.

Holly’s tales of adventure are told with passion, humour and humility. She has first-hand experience of testing her limits and overcoming challenges with flexibility of thought, lateral thinking, skill, confidence and good judgement. Even in times of great adversity, she reinforces the importance of having a positive mindset.

Her themes include:

- Self-belief and determination
- Nurturing passion
- Positive active thinking
- Good decision making
- Dreams are real
- Pushing your limits

Holly will put emphasis on any of the above themes to fit with her client’s criteria. Her presentations incorporate a powerful collection of photographs and inspiring video from previous expeditions.



“Holly is an inspiration and a great ambassador for meaningful change.”

Dr Tom Ainsworth
University of Brighton

www.hollybudge.com
holly@hollybudge.com

- Holly has raised over £300k for a diverse range of charities. She will use the #EverestEveryday Expedition™ as a vehicle to raise funds for her own award-winning charity ‘How Many Elephants’ and for ‘The Mount Everest Foundation for Sustainable Development in Nepal and Tibet’, a charity close to her heart.



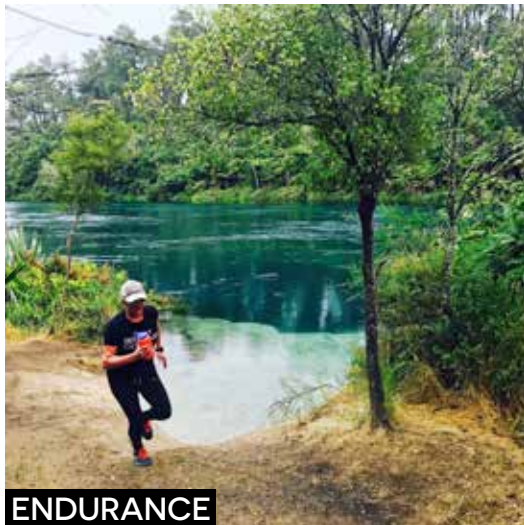
Few people know #HowManyElephants are poached each day for their ivory. At the current rate, the elephant will be extinct by 2025. Funds raised through this Expedition will be donated to the Black Mamba Anti-Poaching Unit, the first of its kind in that the majority of the teams are women. Their main objective is the protection of wildlife but they also strive to create a strong bond and educate their local communities to the benefits of saving their natural heritage. This charity relies solely on funding and Holly wants to help support the work of these brave and courageous women.

www.howmanyelephants.com



‘The Mount Everest Foundation For Sustainable Development In Nepal and Tibet’ exists to help local families help themselves, to build schools, hospitals and environmental projects, in remote areas close to Mount Everest. Holly is passionate about giving back to the local people that have shown her wonderful hospitality on previous expeditions and help empower them through this charity’s worthwhile projects.

www.summitclimb.com/charity/MEFSD/



UPFRONT

Q&A

Holly Budge

Ain't no mountain high enough

Interview: Joe Sparrow

Holly Budge – Bristol-based adventurer, motivational speaker, e-literate entrepreneur and well-enslaved little life-gobbler – is well-versed in the art of packing a lot in. We interviewed her last year just prior to her gut-churning, sub-zero, 29,500ft skydive above the summit of Mount Everest in speeds of over 140mph and temperatures of -40C. In doing so, she became the first woman to make the leap. As well as that, she's found time to work the business/education/motivational-speaker circuit, build a fancy pants e-learning platform for skydiving enthusiasts called E-FLI, and is now planning to compete in the world's longest (unsupported) horse race – for charity – through the Mongolian hinterlands.

Your website bills you as an 'Adventurer-Entrepreneur-Speaker'. Tell me more.

When I was working in New Zealand, I discovered a niche in skydiving training and gave up my full-time career to return to university and learn the relevant skills to build E-FLI (see www.e-fl.com), which now become an award-winning multi-e-learning platform for skydivers.

I am also a keen film-maker and have produced or directed various short film including 'The Thin White Line', which received funding from the UK Film Coe and The National Lottery Fund, and was screened at the Electric Cinema in Lough



"I SET MYSELF A GOAL AND WORKED HARD TO ACHIEVE"

www.metro.co.uk



TheObserver





● First Ascent and Summit of Mount Zuchi, Mongolia

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into their own adventure.”



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www.hollybudge.com
holly@hollybudge.com
+44 (0) 7770 507 686