**Artic Challenge 2019 - FAQ**

**Who is leading the expedition?**

The Expedition Leader will be Ronan Mullen a qualified International Mountain Leader working in close collaboration with the Cass Expeditionary Society.

On each day of the Leadership Expedition, each team will be lead in its activities by a “Leader of the Day”.  This person will be asked to articulate team and individual goals, be responsible for and to the team during their assigned period.  At the end of each day, the team will conduct an After Action Review to discuss the leadership and followership outcomes and lessons, share feedback and make any necessary plans for the following day.  This reflective methodology has been used on all previous XPS Expeditions and follows the recommendation of our Honorary Visiting Professor Rodrigo Jordan, the renowned mountaineer and leadership expert.

**What are the expected learning outcomes?**

A Cass XPS Expedition aims to provide a foundation for individual, small team and whole team level learning by structuring periods of personal reflection and guided discussion around specific activities within the Expedition. It is an immersive experience and will allow participants to:

* Improve their capacities to think reflectively about their own and others’ effective leadership behaviours
* Improve communication skills
* Improve decisiveness and forward planning
* Foster resilience and a bias for action
* Enhance social skills and giving and receiving feedback
* Strengthen resilience and self-awareness.

**What pre-work is required?**

When the Expedition is confirmed, a meeting will be convened to discuss preparations and pre-work.  This may entail preparing some thoughts on a responsible leadership text.

**Fitness Required**

You must be fit enough to be able to trek for at least 8 hours, for 3 days across a variety of terrains while carrying a rucksack (not just a day sack) or pulling a sled. Assume a distance of up to 15km a day in deep snow.

**Is cross-country skiing experience required?**

No. We have two modes of travel: Snowshoeing or Cross Country Skiing. If the group have cross-country ski experience then this option is open to us. Alternatively, we can snowshoe. The advantage of snowshoeing is that we can get into the depths of the wilderness whereas with the cross-country skiing we have to keep to the prepared trails.

**What clothes/equipment are we expected to bring verses given/hired?**

See attached document for a list of what participants require and what we provide. We can also supply equipment from our Outdoor Store with a 15% discount, this option is available online with free delivery.

**How many people on the Expedition?**

12 – 18 participants

**What is the volunteering CSR activity?**

Not decided yet but the National Park is excited about the possibility of working on a CSR project for Day 4. More details will follow.