

## Off The Map: Alaska

Itinerary | August 4 - 11, 2018



### Leader Corps Phase I: Assessment Coaching

#### **45 Days Out—Virtual Meet the Team**

We will hold a group call to introduce everyone and get started on the personality assessments, which will be done before your August 4 departure. The assessments are fun and easy! On this call we will communicate all necessary Rustic Pathways logistics requirements. We will discuss Alaskan culture, history, and customs in order to understand the context of your trip. We'll review travel logistics including visas (if necessary) and packing lists, so come ready with specific questions. You'll also connect with your fellow Leader Corps participants in a private Facebook group to begin networking with each other, sharing early learnings, and offering your own packing strategies!

#### **2 Weeks Out—Final Prep Call**

Two weeks prior to your flight departure, we will connect once more to finalize logistics and necessary pre-program prep. Excitement will be high as you prepare to meet the friends you've already started connecting with over the past month!

## Leader Corps Phase II: In-Country Immersion

### Saturday, August 4—Welcome to Alaska

Get ready for your great Alaskan adventure! It all begins when you arrive at Ted Stevens Anchorage International airport (ANC). You and your group will meet your program leaders, unload your bags, settle in, and have your first group dinner. Tonight your leaders will give you an orientation where you will learn about the exciting activities you'll experience to blueprint your brand and prepare for your next phase of life: your career. Form, Storm, Norm, and Perform are the cool stages of development you and your teammates will engage in during your immersive transformation. Then it's off to bed—you have to rest up before the real adventure begins!

#### Daily Schedule:

- Airport arrivals all day
- 6:30pm - 7:30pm: Dinner
- 7:30pm - 9:30pm: Getting to know each other

### Sunday, August 5—Forming Part 1

Today is all about forming relationships, your brand, and individual stories through fun activities that connect your personality, strengths, interests, and experiences to your desired path. You'll already be versed on your own personality characteristics from your pre-program activities. Now use your data to unlock your passions.

After driving to the spectacular Denali National Park, complete a hike on one of Denali's magnificent trails. At the end of the trail, get a glimpse of a traditional form of transportation in Alaska when you watch a dog sledding demonstration put on by the park rangers. End the day with group reflection time and more storytelling to perfect your personal brand.

#### Daily Schedule:

- 7:00am - 8:00am: Breakfast
- 8:00am - 1:00pm: Drive to Denali National Park and set up camp
- 12:00pm - 1:00pm: Working lunch—Personal brand
- 2:00pm - 4:00pm: Hike
- 4:00pm - 5:00pm: Dog sled demonstration and hike back
- 6:00pm - 7:00pm: Dinner
- 7:00pm - 9:30pm: Group reflection time and brand/story sharing



## Monday, August 6—Forming Part 2

Today you'll have the chance to further connect with your group and deepen your understanding of how to interact with different personality types to better listen and engage with empathy. Begin early in the day as you join a bus tour to explore the inner parts of the park that aren't open to visitor vehicles. You'll begin to notice the varying landscapes and variety of animals that call the park home. Keep an eye out for bears, moose, caribou, wolves and other animals along the road as you travel deeper into the park.

In the afternoon you will spend time skill building, breaking into small groups, and supporting your teammates in scenario-based exercises. Further your communication and engagement skills after dinner.

### Daily Schedule:

- 5:30am - 6:30am: Breakfast
- 6:30am - 10:30am: Bus tour of Denali National Park
- 10:30am - 12:30pm: Mountain-side Intent vs. Impact: Understanding Personalities, Styles, and Empathy in a Diverse World
- 12:30pm - 1:30pm: Lunch
- 1:30pm - 3:00pm: Complete Denali National Park tour
- 4:00pm - 6:00pm: Engaging Diversity with Empathy
- 6:00pm - 7:00pm: Dinner and small group feedback, coaching, and personal learning time
- 7:00pm - 9:00pm: Evening reflection and storytelling

## Tuesday, August 7—Storming Intro and Travel Day

After two great days in Denali National Park, drive south to the Kenai Peninsula. This will be a long travel day as we make our way towards Seward, but the views are well worth the drive! Once we arrive in town, we'll set up camp, eat dinner, and have a short session where we will help you tie up any loose ends to support your forming process and start intro on the storming phase. You'll begin learning some communication and influencing strategies as you relax from a long day of scenic travel.

### Daily Schedule:

- 7:00am - 8:00am: Breakfast
- 8:00am - 9:00am: Short discussion
- 9:00am - 1:00pm: Drive to Anchorage
- 1:00pm - 2:00pm: Lunch
- 2:00pm - 4:30pm: Drive to Seward
- 4:30pm - 5:30pm: Set up camp
- 6:00pm - 7:30pm: Dinner
- 7:30pm - 9:30pm: Small group team competitions using influencing skills



### **Wednesday, August 8—Storming**

Spend this laser-focused day on a fun-filled boat tour while also furthering your learning in effective communication strategies and skills fit for today's working and business environments. Influencing skills are the center of getting your ideas and message off the ground, both personally and professionally. Learn specific processes and techniques that will help turn your ideas into movements, and practice while engaging one of America's most scenic landscapes. The group will get out on the open water for a wildlife boat tour where you will have the chance to see whales, otters, and other animals that call the Kenai home. View a glacier calving into the ocean and eat an incredible meal consisting of prime rib, fresh salmon, and other delicious foods while on the boat.

#### **Daily Schedule:**

- **7:00am - 8:00am:** Breakfast
- **8:00am - 10:00am:** Effective communication and influencing strategies
- **10:30am - 5:00pm:** Kenai Fjords boat tour
- **6:30pm - 7:30pm:** Dinner
- **7:30pm - 9:30pm:** Reflection and communication/influencing practice

### **Thursday, August 9—Norming**

Spend today in big adventure by heading to Exit Glacier for a day of ice climbing with your group! Begin with a challenging 2-mile hike uphill to the glacier where you will learn the basics of ice climbing. Bring your sense of adventure as you get to see the iconic blue ice up close and personal. After the climb, relax and pick up some last minute souvenirs around Seward before dinner.

In the evening, we'll help you tie up any loose ends to support your norming process. The Norm stage is centered around getting comfortable with your new skills, as well as owning your brand and personal story. Your executive leaders will spend time with the group and one-on-one with you to overcome any obstacles you might still have as you finalize this step of the process.

#### **Daily Schedule:**

- **7:00am - 8:00am:** Breakfast
- **8:30am - 4:00pm:** Ice climbing on Exit Glacier
- **4:30pm - 6:00pm:** Downtown Seward shopping
- **6:30pm - 7:30pm:** Dinner
- **7:30pm - 9:30pm:** Small group team competitions using communication / influencing skills

### **Friday, August 10—Performing**

Today is about instilling confidence in your delivery, even when you don't feel it. The thought of "performing" is nerve-racking, but don't fret. Watch Amy Cuddy's Ted Talk on presence. Learn to project your message with a confident presence, whether in an interview or a conference presentation—it will make you stand out from the crowd. This is the sweaty palm moment of mock interviews, but you'll be performing in the safe environment of your coaches so you can practice and learn from the best.

Tonight, finish out our performing activities and learn what's to come after you're back home, such as coaching, getting a mentor, networking with a roadmap, and using your tools to map ideal careers and companies. Your fellow Leader Corps teammates are now part of your network and you'll support each other as you'll journey into the next phase of life.

#### **Daily Schedule:**

- **7:00am - 8:00am:** Breakfast
- **8:00am - 9:00am:** Networking for Success
- **9:30am - 11:30am:** Alaska SeaLife Center
- **12:00pm - 1:00pm:** Lunch
- **1:00pm - 6:00pm:** Practice, Practice, Practice—mock interviews
- **6:00pm - 7:00pm:** Final dinner
- **7:30pm - 11:00pm:** Bringing it all together

## Saturday, August 11—Departure

Have breakfast as a group before saying goodbye to beautiful Alaska as you fly back home to share unforgettable stories with your friends and family. Phase III starts next week and we'll reflect on what we learned and our next steps to implementation.

### Daily Schedule:

- 8:00am - 8:30am: Breakfast
- 9:00am - 10:00am: Pack
- 10:00am - 12:30pm: Drive to Anchorage
- 12:30pm - Onward: Departures from (ANC) airport

## Leader Corps Phase III: Coaching and Mentoring

### Post Immersion Activities:

Once you arrive home, you'll begin Phase III of Leader Corps. You and your executive coach will determine next steps based on your timeline to graduation and when you want to begin the 12-month phase of job search and mentor assignment. You will also start working on your Network Roadmap, a critical step as you prepare for internships, graduation, and interviews. Regardless of graduation date, whether imminent or years away, you now join the ranks of Leader Corps Alumni and will benefit not only from your own group's post program progress and stories, but other Leader Corps alumni as well. Cheering fellow alumni milestones and successes will also help you understand and positively engage the roller coaster ride of entering the next stage of your life, career and #adulting. Your Leader Corps friends will be there to support you every step of the way!



## FAQ:

### What About Safety?

As a leader in our industry, Rustic Pathways takes the health and wellbeing of our students extremely seriously. We have comprehensive risk management and crisis response systems and go to great lengths to educate and train our leaders in first aid. In fact, nearly all of our full-time operations staff, including Program Leaders are certified as Wilderness First Responders. To complement these efforts, we are partnered with HX Global, one of the world's leading providers of global medical and emergency services. All participants traveling with Rustic Pathways have access to HX Global's benefits through the Rustic Pathways membership. Click [here](#) for more information on the services provided by HX Global and [here](#) to learn more about our Safety and Risk Management policies.

### What if I Cancel Before My Program Starts, or Leave My Program Early?

By planning ahead, reading all material, and following the rules, the vast majority of our students are able to complete their chosen programs. In cases where students cancel their program or leave early, any refund will be given according to our [cancellation policy](#).

### How Do I Apply for Visas?

Visa requirements depend on your nationality, the country you are traveling to, and the length of time you will be there. Students with United States passports are able to use our partner, G3 Visas and Passports, streamline this process. Students traveling on passports from other countries will be able to apply for visas independently or by using local visa expeditors. We are happy to answer any questions and provide guidance, but it is each student's responsibility to ensure that they have the necessary visas.

### Do I Need Insurance While I'm Traveling?

Rustic Pathways requires that all travelers have active international medical insurance coverage during the duration of their programs. In the event of injury or illness, we will help you seek proper medical attention; however, you are ultimately responsible for all expenses incurred for medical treatment and services received. Allianz Travel Insurance or AIG Travel Guard are two reputable insurance providers that our travelers have used in the past.

### Will I Need Vaccines?

Discuss your travel plans with your physician prior to travel and consider visiting your local travel clinic well in advance of your program. Print the itinerary and show it to a travel doctor or clinic, so they can suggest vaccines and preventative medications for the regions where you'll be traveling. Be aware that some immunizations require multiple injections spread out over several weeks and plan accordingly. The following websites provide useful information for travelers: [mdtravelhealth.com](http://mdtravelhealth.com) and [cdc.gov](http://cdc.gov).

### What if I Have Food Allergies or Dietary Requirements?

We can cater to most dietary requirements, including vegetarian. It is very important that you advise us of any allergies or dietary needs at the time of your application as well as on your medical forms. Please know that we may not be able to accommodate all restrictions.





## Flights

- You will have the option to have Rustic Pathways make all arrangements for your international air travel from locations within the United States to your program, and back. We want to make this easy for you!
- Approximately two months before your program begins, you will receive details on our recommended flights for your trip. These recommended flights will be for travel from airports within the U.S. where we will have an airport coordinator available to assist with connections from domestic to international flights.
- If you opt to have Rustic Pathways buy your international flights, the cost of the flights will be added to your invoice and payment will be due upon receipt.
- If you live outside North America, or don't want to use our preferred flights, you may book your own tickets, provided you arrive and depart within the time frames we provide. If you apply very late in the season, you may be required to make your own airfare arrangements if our recommended flights are no longer available. If you book flights that arrive or depart outside of recommended time windows, you will need to pay a fee for Rustic Pathways to manage your transfer.
- Rustic Pathways is not responsible for the cost to change, replace, or refund your flights under any circumstances. We recommend insuring your flights. For more information, visit [allianztravelinsurance.com](https://allianztravelinsurance.com).

### **An Important Note About Schedule Changes:**

Rustic Pathways reserves the right to change, alter, or amend the daily itinerary for this trip at any time. Changes can be made for various reasons including changes in flight or program schedules, changes in the schedules of various external operators or partner organizations, changes due to weather or safety concerns, the addition of new activities into a trip, or the substitution of a new activity for an old activity. The itinerary shown here provides our best projection of the daily schedule for this program. As with any travel program, some changes may occur.



## Packing List

### Carry-On:

A small backpack is the best carry-on bag.

- Passport and wallet
- Photo Copy of passport (2 additional photocopies should be carried in checked luggage)
- Make sure that your passport is valid for at least six months from your date of departure!
- Sunglasses
- Journal and Pens
- One change of clothes
- Good book (trade with buddies)
- Water bottle (Nalgene or similar)
- Medications (must alert staff)
- Immunization records (if you have had immunizations)
- Emergency Contact numbers for Rustic Pathways
- Laptop and charger (with converter)

*Make sure everything you pack in your carry-on complies with the new carry on regulations of the [TSA](#).*

### Checked Luggage:

A medium sized duffel bag or large backpack work best. Wheeled bags are OK as long as they are medium sized and can easily be carried like a duffel over rough terrain.

### Clothing Items:

Please bring at least a few outfits that can get dirty or destroyed for service work or adventure activities.

- Underwear (10)
- 4 long pants (1-2 pair of lightweight pants, 1 pair of jeans, 1 pair old jeans for service)
- Socks (10)—Lightweight quick dry athletic socks like Smartwool are the best.
- T-Shirts, tank tops and sports shirts (7-9 cotton t-shirts + 1-2 quick dry shirts like Capilene or polypropylene. 10 t-shirts total)
- 1-2 light sweater/sweatshirt
- Rainproof Jacket (1)
- Shorts (3-5 pairs of shorts)
- Swim Suit (1)
- Athletic Shoes—shoes that dry quickly, you can hike short distances in and protect your feet are best. Shoes will get muddy and dirty so don't get too attached to your footwear.
- Sandals and/or Flip-Flops—a pair of strap on sandals that will not fall off in water like Texas or Chaco brand work great.
- Hat for Sun
- 1 towel (NOT white) – Large travel towels are great!
- One nice casual outfit for Final Dinner (not too fancy or bulky)
- 1 pair of pajamas

## Toiletries:

Please pack all items that could leak in a PLASTIC or ZIPLOCK bag

- Shampoo and Soap (preferably with little or no fragrance because of bugs) \*you can find non-fragrance and biodegradable soap at natural food stores and outdoor adventure stores. Dr. Bronner's and Mountain Suds soaps are both good.
- Deodorant
- Toothpaste and Toothbrush
- Sunscreen (2 bottles of strong sunscreen)
- Insect Repellant (1-2 bottles 35% DEET)
- Anti-itch Cream (1 Benadryl anti-itch gel works great)
- Hand Sanitizer (1 or 2 small bottles per week)
- Contact lenses and accompanying paraphernalia

## Personal First Aid Kit (Suggested):

- Band Aids
- Triple Antibiotic Ointment
- Medical Tape
- Moleskin or preferred blister care
- Preferred Mild Pain Reliever
- Antihistamine (Benadryl or preferred type)
- Lip balm

