



Program Overview

 **THE GREEN PROGRAM**

TGP Expeditions: Patagonia

Leadership Development

Explore and test the parallels between nature and business, leadership, and critical decision making.

Leave No Trace

Discover how you can individually minimize the impact that you can have on nature through travel.

Contact Us: info@thegreenprogram.com

The Ultimate Packing List & Tips for Preparing for Patagonia

Our team's personal packing list and advice for how to be ready for your TGP Expedition! Read more to learn more about the education model, program outcomes, flight guidelines, and more!

PROGRAM DESCRIPTION

Through these global leadership expeditions, participants will work with coaches and professional mountaineers to explore and test the parallels between nature and business, leadership, and critical decision-making. Participants will also have the opportunity to trek with like-minded professionals and learn Leave No Trace principles and outdoor ethics while expanding their physical and mental horizons.

Upon completion of the program, participants will receive TGP's Certificate of Completion. The digital certificate also provides job analytics and insights to connect the skills that participants gain in this program with jobs available today.

**Note: This program may be eligible for sponsorship from your organization's professional development budget. Speak with your manager about the possibility of receiving partial or full funding.*

PROGRAM OBJECTIVE

The objective of this Expedition is to expose participants to the natural elements of nature, connect lessons learned with personal and professional challenges, and advance the Sustainable Development Goals through personal and professional development:

- **SDG #3: Good Health & Wellbeing:** Research shows the beneficial effects that exposure to the natural world has on health, reducing stress, and promoting healing. Today, policymakers, employers, and healthcare providers are increasingly considering the human need for nature and its relation to our cognitive function and physical health. In a study, researchers found that being in nature reduced feelings of isolation, promoted calm, and lifted mood among patients (Source: [Yale School of the Environment](#)). At the height of a society immersed in screens and technology, TGP Expeditions will expose participants to the raw elements of nature and provide rich opportunities to reconnect with nature and themselves.
- **SDG #8: Decent Work & Economic Growth:** Being outdoors in nature has a dramatic range of benefits for both physical and mental health, and simply makes people happy:
 - Time spent in nature [increases creativity](#) by up to 50%
 - Nature has a positive impact on [attention restoration](#)
 - Energy levels are increased and recovery time from work are vital for efficiency
 - Time in nature improves [cognitive function](#)
 - Taking employees out of the workplace and into a natural setting fosters [improved communication and collaboration](#) between individuals, and is ultimately what creates a successful workplace
- **SDG #12: Responsible Consumption and Production:** Through TGP Expeditions, participants will foster environmental stewardship that will be transferred to their home and workplace environments post-program. Learn No Trace principles in the outdoors can be applied in professional settings and participants will explore how these principles can be integrated into their professional and personal lives at home. In addition, by participating in this program, a portion of program fees are contributed to support underserved participants' global [sustainability education](#) with The GREEN Program.

PROGRAM EXPECTATIONS:

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As you prepare for this exciting adventure, we want to provide you with a clear understanding of the program's expectations. This list highlights what you can expect during your time with us, ensuring you are prepared to embrace the challenges and opportunities that lie ahead.

- **Outdoor Elements:** Our Outdoor Leadership Program in Patagonia, Argentina is designed to immerse you in the natural beauty of the region. Expect to engage in various outdoor activities, such as hiking, camping, and exploring remote landscapes. Be prepared to experience the awe-inspiring beauty of Patagonia's mountains, rivers, and glaciers.
- **Camping and Tent Accommodation:** Throughout the program, participants will sleep in tents as part of the immersive outdoor experience. Embrace the opportunity to connect with nature and adapt to the camping environment. Please note that camping may involve rustic conditions, requiring you to be self-sufficient and resourceful.
- **Challenging Nature:** This program is intentionally designed to be challenging. It will push your physical and mental limits, fostering personal and professional growth. Expect to face demanding outdoor elements, changing weather conditions, and physical exertion. We encourage participants to face these challenges as opportunities for self-discovery and resilience building.
- **Teamwork and Collaboration:** Effective teamwork is essential in the outdoors. Throughout the program, you will be encouraged to work collaboratively with your peers, relying on each other's strengths and fostering a supportive and inclusive environment. Embrace the power of teamwork as you navigate outdoor challenges and develop essential leadership skills.
- **Stepping Out of Your Comfort Zone:** To achieve personal and professional growth, it is important to expand your comfort zone. Be prepared to embrace new experiences, take calculated risks, and challenge yourself in unfamiliar situations. This program offers a safe and supportive environment to expand your boundaries and discover your true potential.
- **Aim for Personal and Professional Growth:** The Outdoor Leadership Program in Patagonia aims to provide a transformative experience that goes beyond the technical aspects of outdoor skills. It seeks to develop your leadership abilities, communication skills, problem-solving capabilities, and resilience. Embrace every opportunity to learn, reflect, and grow both personally and professionally.

By embracing these program expectations, you will embark on a remarkable journey of self-discovery, gaining invaluable skills and experiences that will shape your future as an outdoor leader.

CRITERIA FOR QUALIFIED CANDIDATES

By establishing these criteria, we ensure that our selected participants are well-equipped to engage in transformative experiences, contribute to the program's collaborative learning environment, and make a positive impact in the field of outdoor leadership and sustainability.

1. **Interest in Sustainability:** Candidates should demonstrate a genuine interest in sustainability and a commitment to making a positive impact in the field. This can be evidenced through their previous experience, educational background, and personal projects related to sustainability.

2. **Professional Background:** Candidates with diverse professional backgrounds across various disciplines are welcome to apply. Their professional experience should align with the objectives and themes of The GREEN Program's outdoor leadership program. Participants for the Professionals program are typically under 40 years of age, and early to mid-stage career professionals. Executive program candidates hold leadership positions in their organizations such as C-Level (CMO, CEO, CFO, CSO, etc) and have more than 10 years of leadership experience.
3. **Leadership Potential:** The program seeks candidates who exhibit strong leadership potential and the ability to work effectively in a team setting. Leadership skills can be demonstrated through previous leadership roles, team projects, or involvement in community or sustainability initiatives.
4. **Open-Mindedness and Adaptability:** Candidates should possess open-mindedness, adaptability, and a willingness to engage with new ideas and perspectives. The program involves exposure to diverse cultures, challenging environments, and unfamiliar situations, requiring participants to be flexible and receptive to new experiences.
5. **Physical Capabilities:** The outdoor leadership program in Patagonia requires participants to have a reasonable level of physical fitness and stamina. Candidates should be capable of engaging in moderate to challenging physical activities such as hiking, camping, and outdoor exploration in various weather conditions. At the time of the program, participants should be able to hike approximately 15 miles per day, carrying approximately 45lbs, in 3,000 ft elevation gain. This ensures they can fully participate in the program and handle the physical demands of the expedition.
6. **Communication Skills:** Effective communication skills, both verbal and written, are essential for candidates to actively engage in discussions, collaborate with fellow participants, and articulate their thoughts and ideas. Strong communication skills facilitate meaningful interactions and the exchange of knowledge and insights throughout the program.
7. **Academic Achievement:** While not the sole determinant, academic achievements and a solid academic foundation in relevant disciplines can indicate a candidate's ability to comprehend and engage with the program's curriculum and learning objectives effectively.
8. **Global Perspective:** The program values candidates who possess a global perspective and an understanding of the interconnectedness of environmental, social, and economic issues. International experiences, cross-cultural understanding, or involvement in global initiatives are assets that indicate a broader worldview.

By considering these criteria, The GREEN Program aims to select qualified candidates who are passionate about sustainability, possess the necessary skills and attributes for outdoor leadership, and can actively contribute to the program's collaborative and immersive learning environment.

LOCATION: PATAGONIA, ARGENTINA

El Chaltén is the National Capital of Trekking in Argentina and the iconic bucket-list destination in Patagonia. In this stunning natural scenery you have multiple and varied options for hiking and outdoor activities. The beauty of Patagonia begins long before arriving, when in the distance you can see mountains and glaciers that make this corner of Patagonia unique. The region is known for dramatic mountain peaks, vast forest, natural reserves, national parks, an abundance of glaciers, and an array of unique native wildlife.

CULTURE

The eighth largest country in the world, Argentina is located in South America, encompassing most of the southern part of the continent. The country is filled with diverse landscapes such as plains, forests, deserts, mountains, and thousands of kilometers of ocean shoreline. Argentine culture is a blend of European customs and Latin American and indigenous traditions. Argentines are quite proud of their nation and its blended heritage as well as their ability to rise above adversity. They are also proud of their talents in many fields. For example, Argentina has produced five Nobel Laureates in the fields of Peace, Chemistry, and Medicine along with various creators in the arts. Although Argentines tend to be more individualistic than their counterparts in neighboring countries, family networks and support continue to be a core part of Argentine society. Learn more about Argentine culture [here](#). (Source: Cultural Atlas)

TEACHING METHODS

Participants will explore numerous topics in the field by completing the orientation, individual and team goal setting, classes, discussions, and post-program reflections. The knowledge gained is intended to provide context and insight for conducting group discussions, and is transferable to personal and professional roles at home. Participation, communication, resilience, teamwork, leadership, and decision-making are critical as participants will be exposed to the raw elements of nature.

Total hours: 80+ hours. A minimum of 8-10 hours per day in the field. Includes discussions, classes, orientations, and post-program reflections.

EDUCATIONAL MATERIALS & CLASSES

Participants are provided with online, pre-program educational materials and trip resources on The GREEN Program's portal. These resources provide context on leadership development and Leave No Trace principles. Resources include but are not limited to the following:

- U.N. Sustainable Development Platform: Argentina
- SDG #3, #8, & #12
- Intro to Leave No Trace
- Introduction to Outdoor Leadership
- Backpacking Safety Guidelines
- Packing List
- Pre-Program Survey
- Re-Entry Assessment and more

Each class serves as a platform for accelerated learning on the program. Participants are expected to be able to read and understand basic concepts related to the following subject matter. Participants will apply their learning and comprehension of this material in daily discussions exploring the connections between nature and professional leadership. Classes will cover the following topics and are subject to updates:

- Log Book & Expedition Planning
- Clothing & Packing
- Camping & Pitching
- Food Logistics & Food Packing
- Leave No Trace

- Group Behaviors & Dynamics
- Outdoor Leadership
- Navigation
- Weather & Temperature
- Principles of Nature & Business

LEADERSHIP DEVELOPMENT & OUTCOMES: THE EXPEDITION

Participants are provided with experiential learning opportunities with a focus on place-based approach to leadership. Below are examples of learning opportunities that participants will participate in. Please note that lessons are subject to change for each program based on the needs of the group and weather conditions.

1. Expedition Planning
 - a. Analyzing your and your team's leadership styles: Understand your leadership style and its implications for how you manage and coach.
 - i. Considerations: Examine how to take a more strategic and effective approach to creating high-performing teams
 - b. Planning & Logistics. The knowledge, skills, and abilities required to design, implement, and prepare outdoor expedition trips that are a minimum of 7 days long.
 - c. Understanding of and ability to prepare an effective plan for group outings of 7 or more days in a backcountry environment.
 - i. Considerations: Defining and framing of trip outcomes, itinerary development, gathering of risk management resources, liability and permitting paperwork, finances, transportation, post-trip preparation
 - d. Demonstrating the ability to design and manage proper travel progressions for self and group members
 - i. Considerations: Utilizing trip outcomes to develop appropriate skills and knowledge progression. Assessment of appropriate skill and knowledge of the leadership team.
 - e. Understanding of and ability to adequately plan and package rations for a group of 5 or more for an outing of 5 or more days in a backcountry environment.
 - i. Considerations: Food costs, nutritional value, and weight. Food purchasing, repackaging, and preparing for resupply. Value of ration planning vs menu planning on extended trips.
2. Judgment: Decision-Making and Problem-Solving
 - a. Demonstrating the ability to examine, evaluate, and adapt decisions to maintain the overall objectives required for each core competency
 - b. Understanding the importance of consistent decision-making in personal and professional settings
 - c. Demonstrating consistent judgment development by conceptualizing and ritualizing decision-making processes in each of the competency areas
3. Backcountry Leadership: Weather & Temperature
 - a. Outdoor Living: Understanding the specific outdoor skills that are essential to individual/group sustainability in the backcountry.
 - b. Understanding and demonstrating proper campfire use, camp establishment, and basic kitchen management.

- i. Considerations: Safety and environmental considerations, components, materials, and structure of fire. Safety, environmental, and regulatory considerations of camp establishment. Safety and environmental considerations, tools and utensils, organization and sanitation, identification, preparation, and storage.
- c. Understanding and demonstrating knowledge of proper selection, repair, and storage of equipment and clothing for self and others.
 - i. Considerations: Physiological, thermoregulation, and psychological considerations. Materials, construction, and fit. Care and use, sewing, and improvisation.
- d. Understanding and demonstrating proper health and sanitation techniques.
 - i. Considerations: Personal and group health & hygiene considerations. Impact on group dynamics. Sanitation and waste disposal techniques and preventative self-care.
- e. Understanding and demonstrating knowledge of how to plan for the safety, comfort, and organization of a group in a backcountry environment.
 - i. Considerations: Safety and Environmental considerations. Time, energy, and personal climate control. Rhythmic breathing, walking techniques, group size, trail courtesy, and group roles.
- f. Understanding and demonstrating knowledge of navigation. Getting from one place to another efficiently and safely in a backcountry environment with your team.
 - i. Considerations: Use of map, compass, GPS, limitations of technology, primitive navigation.
- g. Understanding and demonstrating knowledge of basic weather forecasting and the impact of weather on the comfort and safety of the group.
 - i. Considerations: Characteristics of weather patterns, reading signs of changing weather patterns, different options for technological assistance, weather hazards, and weather lore.
- 4. Leave No Trace: Participants explore how they can individually minimize the impact that they can have on nature.
 - a. Leave the places and the beauty like you saw it for the next person or your next visit, so we enjoy it not only for the moment but also for the next hundreds of years
 - b. Plan Ahead and Prepare
 - c. Travel and Camp on Durable Surfaces
 - d. Dispose of Waste Properly
 - e. Leave What You Find
 - f. Minimize Campfire Impacts
 - g. Respect Wildlife
 - h. Be Considerate of Other Visitors
- 5. Group Behavior: Group behavior is the behavior of human groups, from formation to dissolution. Along with many other organisms, human beings tend to group up and engage in cooperative activities. The behaviors of a group can be highly variable, as can the factors that put pressure on the group. Within a group, a number of interesting phenomena can occur and these are topics of study in the field of group behavior. Understanding the way that groups work is important in a number of settings. For a professional setting, it is important to know how groups operate and how to improve their functionality through your leadership.
- 6. Risk Management & Evaluation

- a. Understanding fears related to risk and determining the maximum level of risk you are willing to take to reach your goal.
- b. Understanding and establishing levels of risk:
 - i. Minor risk – cold, sleepless, getting wet
 - ii. 1 Stage – running out of food, getting sick
 - iii. 2 stage – broken bones, minor injuries
 - iv. 3 stage – death
- c. Understand and apply the Risk Management Matrix:

High	MODERATE	SERIOUS	EXTREME
Med	MINIMAL	MODERATE	SEROUS
Low	TRIVIAL	MINIMAL	MODERATE
X = Impact; Y= Likelihood	Low	Med	High

7. Group Dynamics

- a. Defining and determining the criteria for a group (i.e. formal structure, interactions, common goals, recognition of others, etc)
- b. Understanding societies, sub-groups, and group dynamics
 - i. What is the nature and pattern of groups?
 - ii. What are the social dynamics that occur within groups over time?
 - iii. What are the commonalities and differences?

8. Group Development

- a. Understanding the 4-Stage Model of Group Development (Bruce Tuckman 1965): “Dr. Seuss-style”
 - i. Forming
 - ii. Storming
 - iii. Norming
 - iv. Performing
 - v. Adjourning










9. Leadership Techniques

- a. Understanding the six leadership styles and reflecting on your current leadership style. Which style should be adopted in different situations?
 - i. Coercive Leadership
 - ii. Pace-Setting Leadership
 - iii. Authoritative Leadership
 - iv. Affiliative Leadership
 - v. Democratic Leadership
 - vi. Coaching Leadership
 - vii. Other styles include Autocratic, Laissez-Faire, and more.

10. Team Role Analysis:

- a. Understanding how a group operates to establish the role of the leader and members of the group
- b. Understanding how roles describe how people behave, contribute, and relate with others
- c. Examining Meredith Belbin’s work on Team Roles:
 - i. Shaper
 - ii. Implementer
 - iii. Completer-Finisher
 - iv. Coordinator/Chairperson
 - v. Team worker

- vi. Resource Investigator
- vii. Plant
- viii. Monitor-Evaluator
- ix. Specialist

	Team role	Strengths	Allowable weaknesses
Action oriented roles	 Shaper	<ul style="list-style-type: none"> Challenging, dynamic, thrives on pressure The drive and courage to overcome obstacles 	<ul style="list-style-type: none"> Prone to provocation Offends people's feelings
	 Implementer (company worker)	<ul style="list-style-type: none"> Disciplined, reliable, conservative and efficient Turns ideas into practical actions 	<ul style="list-style-type: none"> Somewhat inflexible Slow to respond to new possibilities
	 Completer finisher	<ul style="list-style-type: none"> Painstaking, conscientious, anxious Searches out errors and omissions Delivers on time 	<ul style="list-style-type: none"> Inclined to worry unduly Reluctant to delegate
People oriented roles	 Co-ordinator (Chairman)	<ul style="list-style-type: none"> Mature, confident, a good chairperson Clarifies goals, promotes decision-making, delegates well 	<ul style="list-style-type: none"> Can often be seen as manipulative Offloads personal work
	 Teamworker	<ul style="list-style-type: none"> Co-operative, mild, perceptive and diplomatic Listens, builds, averts friction 	<ul style="list-style-type: none"> Indecisive in crunch situations
	 Resource investigator	<ul style="list-style-type: none"> Extrovert, enthusiastic, communicative Explores opportunities Develops contacts 	<ul style="list-style-type: none"> Over-optimistic Loses interest once initial enthusiasm has passed
Cerebral roles	 Plant	<ul style="list-style-type: none"> Creative, imaginative, unorthodox Solves difficult problems 	<ul style="list-style-type: none"> Ignores incidentals Too pre-occupied to communicate effectively
	 Monitor evaluator	<ul style="list-style-type: none"> Sober, strategic and discerning Sees all options Judges accurately 	<ul style="list-style-type: none"> Lacks drive and ability to inspire others
	 Specialist	<ul style="list-style-type: none"> Single-minded, self-starting, dedicated Provides knowledge and skills in rare supply 	<ul style="list-style-type: none"> Contributes only on a narrow front Dwells on technicalities

(Source: Meredith Belbin & University of Cambridge)

LEARNING OUTCOMES

This section will outline the contents of and learning outcomes for the program.

- Gaining a comprehensive understanding of and real-world experience in outdoor leadership
- Practicing leadership training skills and reflecting on how each of the following relates to one's own leadership practice: SDGs #3 Good Health & well-being, #8 Decent Work & Economic Growth, and SDG #12: Responsible Consumption & Production
- Developing and practicing in-demand workforce development skills through outdoor leadership:
 - Decision-making and problem-solving
 - Risk assessment and management

- Group dynamics and leadership
- Communication
- Leave No Trace
- Gaining an understanding of the vocabulary and concepts essential to leadership and management in nature and workplace, professional settings
- Practicing outdoor sustainability principles such as Leave No Trace to minimize impact on nature
- Increasing confidence and self-efficacy, and leadership and teamwork skills through unique excursions and activities
- Increasing self-awareness and competence through integrated discussions, classes, and more
- Collaborating and excelling within a network of like-minded participants aspiring to work and innovate in the field of sustainability.

SCHEDULE

Participants are expected to complete the pre-program education materials before the start of their program. The program dates are selected by the student and approved by The GREEN Program. Program dates are listed on our [website](#).

ASSESSMENT

Program performance will be assessed based on participation and completion of the program. To complete the program, participants must actively participate in the orientation, expedition, discussions, and pre-and post-program surveys and discussions.

CERTIFICATE AND CREDITS

Upon completion of the program, participants will receive a digital Certificate of Completion from The GREEN Program. Grades will not be assigned for this program; however, participants will be assessed on a “Complete” or “Incomplete” basis. Please allow up to two weeks for the certificates to process. Participants will receive the digital certificates via email with instructions on how to add the certificate to their resume and LinkedIn, and get access to job insights and data. Contact info@thegreenprogram.com or your TGP representative for additional information or support.

**Note: While this program is not credit-bearing, it may be eligible for credit or funding at your organization. Speak with your manager about the possibilities of gaining professional credit or funding for this program.*

SAMPLE ITINERARY

An itinerary can be found on our [website](#).

PROGRAM FEES & WHAT’S INCLUDED - SOCIAL IMPACT MODEL

Enrollments for this program support The GREEN Program’s [scholarship fund](#). For every person who registers for a TGP Expedition, one underserved student is provided a scholarship to gain access to global sustainability education with The GREEN Program. Thank you for your support!

Program fees can be found on our [website](#). Monthly payment plan options are also available. This pro

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Below is a list of what is included in the program:

- **Pre-Program Materials:** Prepare for your experience before you travel with your pre-program resources, suggested training schedule, and more.
- **Program Orientation:** Meet the TGP Expeditions team and learn more about your upcoming Expedition to Patagonia.
- **Accommodations:** All accommodations (mix of hotels and camping).
- **All Meals:** We support locally owned restaurants, and will accommodate most dietary preferences/restrictions.
- **Technical Gear:** i.e. Tents, helmets, harnesses, cookware, etc.
- **In-country transportation:** Airport pick up and drop off.
- **Professional Outdoor Guide:** Travel with your private outdoor adventure guide who will lead your group's customized expedition
- **Leadership Development:** Professionals will work with our team virtually before and after their expedition and with onsite facilitators.
- **TGP Representative:** Access to a personal representative on TGP's team to guide you through your entire process until your program begins.
- **Join the TGP Global Network:** Join the TGP Alumni Network to onboard your next TGP alum, stay connected with your global network, join future adventures and more.

What's not included: Flights, travel medical insurance, personal backpacking items, and passport/visa fees

HEALTH & SAFETY

As you embark on this adventure, your health and safety are of utmost importance to us. Please take a moment to review the following health and safety guidelines:

- **Physical Fitness:** Participation in this program requires a reasonable level of physical fitness. The activities involved may include hiking, camping, and other outdoor challenges. We recommend consulting with a medical professional to ensure you are physically prepared for the program's demands.
- **Pre-Trip Medical Consultation:** Prior to joining the program, we encourage you to schedule a pre-trip medical consultation with your doctor or medical professional. This will allow you to discuss any pre-existing medical conditions, obtain necessary vaccinations or medications, and address any health concerns specific to the region. Please disclose the necessary medical information to our program leaders so we can best support you.
- **Outdoor Safety Training:** Your safety is our top priority. Throughout the program, you will receive comprehensive safety briefings and training on topics such as wilderness first aid, navigation, and outdoor emergency procedures. These sessions will equip you with the necessary skills to respond effectively in outdoor environments.
- **Personal Protective Equipment (PPE):** Certain activities may require the use of personal protective equipment, such as crampons or safety harnesses. Our instructors will provide

guidance on the appropriate use of PPE and ensure that all necessary safety equipment is properly utilized.

- **Environmental Considerations:** Patagonia's natural environment is awe-inspiring but can also present unique challenges. Please respect the environment, adhere to the principles of Leave No Trace, and follow instructions regarding the protection of local flora and fauna.
- **Weather Conditions:** Patagonia's weather can be unpredictable, with rapidly changing conditions. It is essential to come prepared with appropriate clothing layers, including rain gear and warm clothing, to stay comfortable in varying temperatures and weather conditions.
- **Emergency Response Plan:** We have a comprehensive emergency response plan in place, including protocols for communication, medical emergencies, and evacuation if necessary. Our experienced staff members are trained to handle emergencies and will guide you through any unexpected situations.
- **Personal Responsibility:** While we prioritize your safety, it is important to take personal responsibility for your well-being during the program. Please follow the instructions provided by our staff, be aware of your limitations, and communicate any concerns promptly.

By adhering to these health and safety guidelines, you can focus on fully immersing yourself in the program's transformative experiences, sharpening your leadership skills, and exploring the stunning landscapes of Patagonia.

If you have any questions or require further information regarding health and safety, please do not hesitate to reach out to our program staff. We are committed to providing a safe and enriching experience for all participants.

ACCOMMODATIONS

Participants will stay at various locally owned lodging sites throughout the program. The accommodation may vary between single and double occupancy in the hotel and tents in the field.

**Note: Accommodations are subject to updated*

FLIGHT GUIDELINES. International Flights (Not Included) Participants are responsible for booking their round-trip, international flight to Buenos Aires (EZE) airport, with a connection to El Calafate Airport (FTE). Please follow the following flight guidelines when booking your international flights to El Calafate Airport (FTE). Flights that are booked outside of these guidelines may incur additional costs.

Arrive at El Calafate Airport (FTE) by 10 am on the first day of the program.

Depart from El Calafate Airport (FTE) after 2 pm on the last day of the program.

TGP will provide airport pick up and drop off.

EARLY ARRIVALS: For those who are arriving early and meeting us at FTE airport for pick-up the next day, [HERE](#) is a list of accommodations near the airport. **Note: Please book at your own discretion. These are not official recommendations by TGP.*

COVID-19 & ENTRY GUIDELINES

TGP follows and adheres to the travel and entry guidelines set forth by the U.S. Embassy, Center for Disease and Control (CDC).

To review current COVID-19 entry guidelines and restrictions from the US Embassy, visit:

<https://ar.usembassy.gov/covid-19/>

For Visa entry requirements, visit:

<https://immigration.gov.bz/visa/visa-who-qualify/>

INSURANCE: All travelers MUST purchase mandatory travel medical insurance that includes the following:

- Emergency repatriation
- Medical evacuation
- Hospital care
- Covers outdoor activities like Backpacking and Hiking

SUGGESTED TRAINING PLAN:

Our group will work with each participant no matter your experience or skill level. This program is an **intermediate** hike with challenging levels and terrain, and is open to hikers of all experience levels. To prepare for your upcoming challenges and hikes, our team suggests:

- Endurance training and stamina with weight
- Carrying up to 20 kilos (approx 44 lbs)
- Physical Expectations: Hiking 10-15 miles per day (5 days), 40-50 lb backpack, up to 3,000ft elevation gain. On higher elevation days we will be carrying less weight

*Participants will be hiking fewer miles on higher altitude days. For training, focus on endurance and stamina with weight.

PACKING LIST

Please see the full packing and details list [HERE](#).

CONTACT

For questions, feel free to reach out to our team at info@thegreenprogram.com or +1 (215) 821-0935. Our trip leaders will be in touch with the cohort as we get closer to the program dates. Thank you! We look forward to traveling with you on an upcoming TGP Expedition!