



# THE AMBASSADOR



## NEXT STOP: BOLIVIA! <sup>5</sup>

### EXPEDITION PREVIEW

Expedition Bolivia - 200+ miles across salt flats and an education program focused on Chemistry.

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**Ray Zahab & Bob Cox**  
During Atacama Extreme.

Ray completed a first-ever crossing of the Atacama Desert, and Bob provided logistical support, an occasional running partner, and many of the updates, videos, and photos shared with schools.



Everyone at i2P has been working very hard on the Bolivia Experiential Learning Program/Expedition coming up May 15th through the 22nd. Doc Affleck and the education team have been putting in countless hours to create modules and experiments that will make this one of the most exciting programs to date. Rumor has it, Dr. George Agnes and the i2P team will be creating a geyser at some point on the expedition!!

The web team has been burning the midnight oil to get the website ready with all sorts of interactive links and new features! The Youth Ambassadors have been training everyday and holding weekly meetings in an effort to get ready for the journey to South America. Each and every i2P team member is truly putting in an effort to bring you the very best expedition possible!

Every expedition is a new experience and new opportunity to share a different part of the world while concurrently learning a relevant and timely educational topic. This particular Experiential Learning Program is focusing on Chemistry - and all the amazing natural

resources Bolivia has to offer. This will be coupled with a comprehensive physiological analysis of what the Youth Ambassadors bodies go through "chemically" while attempting such a difficult expedition. We hope you enjoy the journey as we depart to this amazing region of the planet.

Enjoy the adventure and thank you for your support!

Ray and Bob

**Editor's Note:** Please see p.4 for a special "behind the scenes" recap of Atacama Extreme from Bob.

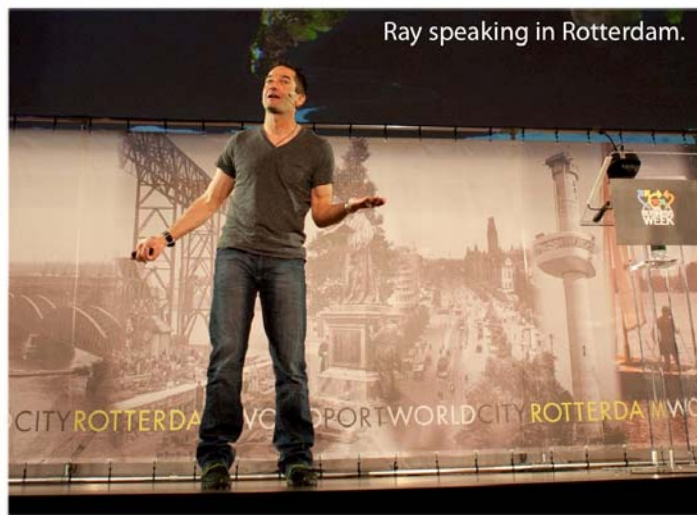
# impossible2Possible HIGHLIGHTS

Have you ever given any thought as to what excites you to excel, to succeed, to innovate, to look at opportunities, to make a change? Inspiration! Inspiration is a now thing. It grabs us. It fuels our souls. Consider too, that any of us might be an inspiration to others, sometimes without even knowing it. Never underestimate the ability to inspire.

This year has been quite a year for i2P and if you ask me what fuels our continued progress with each expedition I would have to say our team of students and teachers that follow along! They encourage us to make things better for their classes and to make each expedition more extraordinary and groundbreaking than the one before. I think back to Atacama Extreme. This was not the easiest expedition for Ray. At the last minute he had to run it alone due to unforeseen circumstances. 1200 km, running by himself! Yes, he could have dropped it...but he didn't. In one of his blogs Ray talked about how continuing the expedition was important to the schools that were following. Perhaps a lesson all on its own, students would learn that many unforeseen things can happen and sometimes, we just have to keep going. Ray would not let these schools down! Is this inspiration or is it being inspired? Or both? Similarly, our i2P Amazon Youth Ambassadors

struggled with heat exhaustion and rashes with the heat and humidity of rainforest yet they too were motivated to continue knowing that their determination would make a difference. Once again, inspiration or inspired? Or both?

Inspiration is the root of i2P. All you have to do is look at what i2P has done as an organization and how it has evolved. For example, the water wells that we helped to build in the Village of Ayang and Kulu Amik in Uganda will be serving more than 900 people for the next 10 years! Likewise, the donations from our Taquara School Project will deliver an indispensable structure that will provide an appropriate, dry learning area for children of a small village in the Amazon! Furthermore, i2P was recently invited to and honored for our commitment to making a positive impact at the "Clinton Global Initiative University" (CGIU) - an incredible experience and a way to connect with University students. i2P also presented at the "Developing a Global Perspective for Educators: 2011 Winter Institute" at Ottawa University and last but not least, our very own Ray Zahab was accepted as a Fellow with the Royal Geographic Society.



Going forward, our Alumni Outreach Program is fast becoming an integral part of our organization. Our incredible i2P Youth Ambassadors are presently reaching out, engaging schools, talking to and connecting with teachers and students from all over the world who are doing wonderful things with i2P and making differences in their own schools and communities. The information we collect from schools and teachers is vital in helping us to improve our free educational program in order to help serve schools better and to provide the most relevant curriculum. As i2P moves ahead, our challenge will be responding to a growing audience while staying relevant to your needs. Our greatest resource will be you, the people who are passionately committed to ideas, adventure and education. Your participation and input is invaluable.

We are inspired to inspire you!

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**Adriana Rossi** is an alum of Expedition Amazon and an i2P Education Advisor.



# impossible2Possible

## HIGHLIGHTS

When someone tells you they want to run 1200KM carrying a 30+ pound backpack, across some of the most ridiculous terrain on the planet, a normal response might be: "that's impossible!" But when the person saying it has already run 7500KM across the Sahara Desert, people tend to stop and recant their first thought. They might even switch and think it will be easy for this individual.

Well, I can tell you that it was neither impossible nor was it easy for Ray. Even though I have crewed for many other endurance endeavors and successfully accomplished expeditions in the Arctic, the Sahara, and the Amazon, this was my first experience with something of this magnitude and I can honestly say it was life changing. To witness firsthand the effort of which it took and the positivity that he displayed throughout even the most difficult of circumstances was truly inspiring.

Throughout any expedition just as in everyday life you are going to encounter obstacles that have to be dealt with and it's how you handle those moments that determine the outcome of your journey. Atacama Extreme was no different, we encountered a searing summer sun, under a depleted ozone that was more intense than we ever imagined. We experienced route changes due to unpassable gorges that were as beautiful as they were vast, military operations that closed the entire width of the desert floor, and some days where maps and GPS just didn't want to agree with each other. With each alteration we added distance and time, but Ray's spirit never wavered. He endured day after day of running alone through stretches of terrain where his only companion was the salt crusted desert floor while he pushed the pain of

his baseball sized blister to the back of his brain.

On a day and a moment where the opportunity to panic was clearly present, he sat under the scorching South American sun on a remote region of a mining facility, after running over 30 kilometers, devoid of hydration, and without shade, he calmly put his back to the sun and waited for hours while we dealt with the bureaucracy to try and gain access. Looking back as I sit here and type this, it would be easy to minimize the memory into something of a trivial incident but it was nothing short of serious. In the end, it was our persistent efforts and Ray's positive and steady outlook that overcame the situation. Driving up to see him sitting hunched over, and then opening the car door to the furnace-like winds is a moment I won't soon forget.



Taking in the scenery.



Piece of cake, right?

Over the 20 day span we were able to see some incredible sunrises, sunsets and awe inspiring desert views, but the evenings on this particular expedition were some of the most special moments of my traveling life. I have seen stars in remote parts of Baja California, The Northern Sahara, The Amazon, The Arctic, and many other locations but I have never been so mystified as I was on a nightly basis in the Atacama. Because of the dryness and lack of any life whatsoever we were able to camp outside without tents, which enabled us to fall asleep staring at the wonder of the southern night sky.

As we neared the final days of the expedition you would expect a level of complacency on the part of the team, but we constantly reminded ourselves that our journey was not complete until we reached Copiapo. Even day 19 when we could almost see the finish, Ray still had to run and those of us on the logistics team still had to work. It wasn't until we arrived in Copiapo that we offered the congratulations of a job well done to each other. And it was there at the southern tip of the Atacama that a tremendous sense of accomplishment filled the air and our hearts. We hope you enjoyed following and cannot wait to share the next adventure!

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Atacama Extreme was Executive Director **Bob Cox's** first "World Class Expedition".

EXPEDITION PREVIEW

# EXPEDITION PREVIEW

## FOLLOW THE JOURNEY MAY 2011



*Expedition*  
 **BOLIVIA:**  
**LA RUTA DE SAL**

“ The i2P team will visit **Salar de Uyuni**, a truly unique landmark situated in the South Western Corner of Bolivia. Lying between mountains, volcanoes and lakes, the Salar de Uyuni is home to more than half of the World’s lithium reserves. With an area of 10,000 square kilometers and barely one meter of elevation across the entire flat, this incredible area is also used by NASA to calibrate satellites (including those that detect changes in polar ice sheets). ”

## EXPEDITION BOLIVIA: LA RUTA DE SAL

The fourth stage of the i2P World Expedition Series will take our Experiential Learning Program to the landlocked South American country of Bolivia, a land rich in history, minerals, and incredibly contrasting geography. Five Youth Ambassadors will be selected to join Ray Zahab, along with fellow i2P ambassadors and adventurers. Bolivia is a country that, prior to colonization, was part of the ancient Incan Empire, and its geography varies from the peaks of the Andes in the West to the lowlands of the Amazon Basin to the East. Youth Ambassadors will run an average of a marathon per day for up to one week, a total of 200+ miles – in a quest to experience this incredible country as few have ever done before. The Education Program for this expedition will examine the world of chemistry (in conjunction with the United Nations International Year of Chemistry [IYC]) and the role that it plays in the region. The IYC is a worldwide celebration of chemistry and its contributions to the well-being of humankind. Under the unifying theme “Chemistry — Our life, our future” IYC 2011 will offer a range of interactive, entertaining and educational activities for all ages, reaching across the globe, with opportunities for public participation at the local, regional, national and international level.

Along the way, the i2P team will visit Salar de Uyuni, a truly unique landmark situated in the South Western Corner of Bolivia. Lying between mountains, volcanoes and lakes, the Salar de Uyuni’s various layers of salt and water are home to more than half of the World’s lithium reserves (lithium is the element used to make the battery for the computer on which you are reading this right now). With an area of 10,000 square kilometers and barely one meter of elevation variation across the entire surface, the Salar de Uyuni is also one of the most uniformly flattest areas on the planet. This unique feature allows NASA to calibrate satellites (including those that detect changes in polar ice sheets) that monitor global phenomena such as climate change. Seasonal flooding creates a surreal mirror effect, which not only reflects the surrounding landscape, but allows the area to be easily seen from space, and the area is home to a unique “Train Graveyard”, which contains dozens of abandoned colonial trains.



As with all i2P Youth Ambassador expeditions, the team will push themselves beyond any physical and mental boundaries they have placed upon themselves to discover that they are truly capable of achieving the impossible.

The World Expedition Series is designed to transport students to remote and contrasting locales around the world. To date, the Series has seen young adventurers trek among glaciers containing millions of liters of water in the Canadian Arctic, across the desolate sands of the Sahara, and through the dense and lush jungle of the Amazon.

The 2011 Bolivian Expedition will demonstrate once again why the i2P Education Resource program has been touted by Apple Distinguished Educators as truly “21st Century learning,” and “ground breaking”. The i2P web-team will be utilizing streaming video during the expedition to allow students to communicate directly with the adventurers as they traverse this unique landscape. i2P’s Educational Coordinator, Dr. Ewan Affleck, will again team up with educators, scientists, and advisers to create a captivating curriculum of educational resource modules which have proven extremely successful for teachers and students alike.

The five i2P Youth Ambassadors will be the direct conduits of information back to thousands of students following intently from around the world. After the successful inauguration of the i2P Exploratory Program in the Amazon, the Youth Ambassadors will once again be the lead researchers for an experiential learning program like none other on the planet. The Exploratory Program will see students from around the globe ask questions for which the five Youth Ambassadors will be tasked to find the answers.

This expedition will see the i2P team pass near mountains and volcanoes, across the world’s largest salt flat and an area incredibly rich in minerals, past a train graveyard that is a relic of the past, and visit La Paz, the world’s most elevated capital city – all the while bringing thousands of students along for the ride!

## EXPEDITION INFO



Follow this incredible expedition online from May 12-24, 2011.

**EDUCATE  
INSPIRE  
EMPOWER**

SALAR DE UYUNI



# “ THE WORLD OF CHEMISTRY “

In honor of the International Year of Chemistry (see: IYC 2011 ) i2P will take the principles of chemistry out of the classroom and into the laboratory of the natural world. Chemistry is the science of matter, and how matter changes in different environments and conditions.



**CURRICULUM:** Bolivia's Salar de Uyuni, the world's largest salt flat nestled high in the Andes Mountains is an ideal location to explore the world of chemistry. Adjacent to the Salar are a series of lakes filled with magnesium, sulfur, manganese, boron, copper and arsenic. At almost 12,000 feet elevation the change in atmospheric pressure impacts how matter and chemical reactions behave in this environment.

**1 INTRODUCTION:** Chemistry & the Salar De Uyuni - A primer on Bolivia, the Salar, and the IYC.

**2 THE PHILOSOPHER'S STONE** - A discourse on the history of chemistry.

**3 AN ATOMIC WORLD** - A look at naturally occurring elements in and around the Salar.

**4 THE BUILDING BLOCKS OF LIFE** - An investigation into the chemistry supporting life.

**5 RUNNING ON CHEMISTRY** - How do chemical processes enable living organisms to function?

**6 ENERGIZED** - An explanation of energy systems in humans and around the world.

**EDUCATION RESOURCE:** The Expedition Bolivia team will set out in the second week of May 2011. After acclimatizing to the elevation for a few days in the capital of Bolivia, La Paz, the team will set out for south western Bolivia and the Salar De Uyuni. Once en route daily updates from the field will be posted on the i2P website. These posts will include:

- Daily chemistry experiments, that employ the natural elements of the Salar de Uyuni to illustrate basic principles of chemistry. These experiments will be lead by Dr. George Agnes, chemist and faculty member at Simon Fraser University.
- Daily video blogs from the five youth ambassadors.
- A daily question & answer quiz linked to the chemistry curriculum.
- Daily webcasts that link the expedition team to participating schools, and allow school children to interact live with expedition team members.

## EXPEDITION FEATURES

This is the second consecutive i2P Youth Expedition that has been in partnership with the United Nations' Educational, Scientific, and Cultural Organization (UNESCO). This year's theme is Chemistry, and In honor of the International Year of Chemistry i2P will take the principles of chemistry out of the classroom and into the fabulous laboratory of the natural world. Assisting with the project i2P welcomes the partnership and support of Simon Fraser University (SFU) (<http://www.sfu.ca/>). Dr George Agnes, chemistry professor and SFU Dean of Graduate Studies will be joining the i2P expedition team travelling to Bolivia. Under Dr. Agnes' supervision daily chemistry experiments will be conducted from the field and transmitted back to participating schools by internet technology."



For more information, please visit:  
<http://www.chemistry2011.org/>

**SCIENCE OF THE RUN:** Greg Wells, Ph.D. will be providing daily physiology exercises during the expedition, to illustrate the effects of endurance exercise and elevation on human biochemistry. Dr. Wells is a scientist and physiologist who specializes in health and performance in extreme conditions. Most recently, Dr. Wells was the host of the Gemini-Award winning "Superbodies" segments for Canada's national Olympic broadcast and the on-camera sport science and sport medicine analyst for the CTV Broadcast Consortium, ABC News and ABC's 20/20 during the 2010 Vancouver Olympics.

**EXPERIENCE THE EXPEDITION:** A live and interactive website is the portal to every impossible2Possible Expedition! With each new project our dedicated team of volunteers works very hard to provide new and improved features. All content is free, and schools have access to all content at no charge- including live video conferencing during the i2P Expeditions. For weeks leading up to Expedition Bolivia, video, photos, social media and blogging will be updated daily. Every minute during the Expedition, Youth Ambassadors will film and photograph the Expedition from their perspective and everything they experience while on their journey.



VIDEO/PHOTO JOURNALS



LIVE TRACKER



FACEBOOK/  
TWITTER



LIVE VIDEO  
CONFERENCING



EXTRAORDINARY  
ACTS



# THE EXPEDITION TEAM



**RAY ZAHAB**  
i2P Founder



**DR. EWAN AFFLECK**  
i2P Science and  
Education Director



**BOB COX**  
i2P Executive Director



**TAMARA BANKS**  
Youth Ambassador Alum/  
Expedition Guide



**DR. GREG WELLS**  
Exercise Physiologist /  
Assistant Professor,  
University of Toronto



**DR. GEORGE AGNES**  
Chemistry Professor/Associate  
Dean of Graduate Studies,  
Simon Fraser University



**HANNAH MCKEAND**  
Explorer



**FERG HAWKE**  
Professional  
Ultramarathoner



**JOHN ZAHAB**  
Youth Ambassador Fitness  
Advisor/ Expedition Guide



**BARBARA DAVILA**  
Santiago, Chile



**BRANDON SAND**  
Saskatoon, SK



**JESSICA SUVAK**  
Euclid, OH



**ASHLEY HASSARD**  
London, ON



**RYAN MONTGOMERY**  
Pendleton, OR



# PARTNERS



# THE GLOBAL PARTICIPATION

## MUTUAL INSPIRATION



“ Teammates, volunteers, and supporters of i2P share and work toward a common vision & goal of encouraging youth to reach beyond their perceived limits. Knowing and willing is simply not enough. We must encourage our youth to apply themselves and take action to make positive change in the world. Our global community of participation from students, teachers and classrooms from around the world has allowed us to achieve that goal. Thank you so much for your continuing support and involvement! ”

Working with the i2P team has been an absolutely incredible experience! It's so amazing to be involved in the process of preparing an expedition from its roots, and seeing it develop into something so magical. The transformation of thoughts into words, into actions, and into fruition is very inspiring to witness. Mutual inspiration comes in many forms and if it weren't for the collaboration and teamwork of students and teachers from around the world, these amazing educational expeditions would not exist. We are so thankful for the participation and involvement from each and every one of you.

Seemingly small positive actions are often perceived to be of little merit, the excuse that no one would take notice. But just the act of *doing* is so powerful! Just by taking action, pushing forward and persevering through problems, a ripple effect is created within your immediate community, and continues outwards and inspires people all over. Over the years we have seen expeditions in Antarctica, the Arctic, Siberia, North Africa, the Amazon, Atacama Desert, and now Bolivia. Through each and every expedition, we have witnessed an increase in global participation - most of which is word of mouth: people reading and hearing about the Extraordinary Acts led by i2P Youth Ambassadors, students and other youth from around the globe. The inspiration is mutual and we find motivation to keep going when seeing others go above and beyond their own limits!

These are the habits we aspire to teach, foster and protect within our upcoming generation of youth, where they understand and truly believe that they have the power to change the world - because they do! We need to continue this and encourage positive and meaningful action as it will have a lasting effect on individuals and communities around them, spreading the message that nothing is out of the realm of possibility!

Get ready for Expedition Bolivia because this is your chance to do something truly EXTRAORDINARY!! We will be fostering this idea of global participation by asking students and teachers to be part of a "co-creation" of chemistry-themed educational content that will be featured on the interactive website. We are working with a generation of youth that are so incredibly talented and have so much to offer. We continually feed off of their creativity and hard work for a source of motivation - it's an exponential effect increasing with every expedition. This is your opportunity to help i2P do some incredible work that will have life changing qualities. Join the adventure and become teammates on Expedition Bolivia, and remember - TEAM means Together Everyone Achieves More!!

All the best!

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Jordan Thoms, Education & Logistics Team

### 1) MacLachlan College, Oakville, Ontario, Canada

The grade 2's at MacLachlan College (Oakville, Ontario) were fortunate enough to participate in the impossible2Possible 2010 Amazon Expedition. In this expedition we were able to follow the incredible journey of 4 Youth Ambassadors and a group of teachers and leaders, across an 8-day adventure through the Tapajos National Forest. This experience greatly enriched our classroom environment through the incredible addition of experiential learning. While working on a Plants unit we were able to experience through live video-conferencing and information sharing the remarkable biodiversity of the Amazon Jungle, one of places on Earth with the most biodiversity! This enhanced our classroom learning exponentially, with i2P sending us plant and animal species of the day to research, pictures and photos of their experiences, and answering our questions during live video conferences. We were able to apply what we were learning to the real world as we learned about it! The grade 2's also made personal connections to the Youth Ambassadors and got caught up in the excitement and perils of the Amazon, as the Ambassadors shared their personal experiences. i2P provided a real-world connection to our curriculum learning that as a teacher you are always striving to create. The opportunity to help fundraise to build a school in the Tapajos community illustrated to the grade 2 students schooling realities for children in other parts of the world. Videos of the Taquara community children evoked deep caring and a true desire to help others around the world. Being part of the i2P community was enormously motivational and demonstrated to me and my grade 2 class that anything is possible with determination!

### Shelley Stedman & her grade 2 class



### 2) Verona Area High School, Verona, WI, USA

Verona Area High School is located on the fast-growing southwest side of Madison, WI and serves a little over 1540 students in grades 9-12. Students at Verona Area High School have access to a quality education, abundant sporting and extra curricular opportunities and a wide variety of music and theatrical performances.

The students at VAHS feel very fortunate and believe that everyone deserves an education. When student council members heard about the inspiring stories and projects i2P was involved in, they wanted to make a difference as well. Since October of 2010, Verona Area High school has been working extremely hard to insure that the indigenous people of Taquara, Flona de Tapajos receive the education they deserve. Many of us take our education for granted, just because we have always grown up with sufficient schools and good learning environments. As a student it is hard to imagine a world without school; the friends you make, the teachers you learn from, the activities you participate in, and foremost the knowledge you accumulate. Schools build the base of one's life, the knowledge you gain helps determine where you will go the rest of your life.



Verona felt the need to reach out, to collaborate with schools across the nation to build an ideal learning environment for students who aren't receiving the education they deserve. Everyone was up for the challenge, and extremely excited about it to say the least. After much brainstorming we came up with having one big event, to be held on November 30<sup>th</sup> 2010. Expedition Amazon was a combination of many

aspects. The main event of the night was a student vs. staff volleyball game. Inserted throughout the big volleyball game were performances by our dance team and cheer squad. On top of all this excitement we will held a raffle. Many prizes from local businesses and attractions were awarded. To continue to add to the fund, t-shirts and wristbands were sold beforehand and at the event. School participation was extremely high along with attendance from the community. Verona saw the need to help, and jumped at the opportunity. We believe everyone deserves an education. We have come together to make the impossible possible.

### Rita Mortenson and Students



### 3) Southside Elementary 5th Grade, Starke, FL, USA

Changing the way we educate our children begins with providing unique, real-world experiences in the classroom. Providing opportunities that our students can take ownership over, integrate technology and create meaningful products is what we have challenged our young adventurers to do. Our participation with i2P goes back to the Siberia Expedition in which we got to be teammates with Ray Zahab and Kevin Vallely as they crossed frozen Lake Baikal. Our curriculum surrounded the subject of the world's water crisis. Southside Elementary's 5th grade students worked collaboratively to create podcasts which were aired on the local radio station. Students used media and technology to create posters to advertise their podcasts, being broadcasted on the radio. Our students reached out to the local community to promote this awareness in a meaningful way.

As we continued to engage other grade levels and classrooms in our school, the next expedition we were teammates on was with i2P's Amazon Expedition. Kids interacted with the i2P website by asking several questions to the Youth Ambassadors in a blog format and spoke with the expedition team via video conferences. We received responses that allowed us to begin to formulate our own resources surrounding the topic of biodiversity. Students used Apple's iWork software; Pages, to organize and create content which was then turned into an ePub formatted book with a fully interactive table of content and rich media. The media assets which the Youth Ambassadors gathered and sent to us, added an authentic piece of work for our students. Being able to witness the collaboration between our Southside Elementary students and the i2P team brought everything to life. Thanks for the amazing experiences!

### Kathy Hobbs, Lisa Gault and Dan Wells,

Southside Elementary also created podcasts which aired on their local radio station!



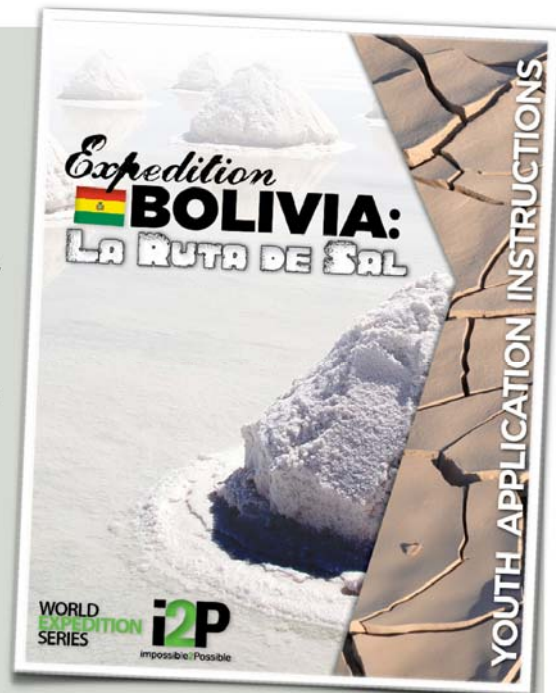
# YOUTH AMBASSADOR REPORT



Follow Ray and the Youth Ambassadors as they prepare for Bolivia by watching their training diaries at: <http://vimeo.com/i2p>

Being chosen to be an impossible2Possible Youth Ambassador is *emotional*; it's like being fifteen again, without the bad attitude towards parents. Over the months leading up to each expedition, from the day the decision is made to apply, to the handshakes and smiles when meeting the team, a Youth Ambassador experiences a plethora of emotions.

Submitting an application takes courage. Running 250km+ is nothing short of mind boggling, especially for youth who don't see themselves as runners. But it's only when Bob emails to ask for a phone interview that reality starts to set in. The next few days are intense. For Youth Ambassadors, all of a sudden there is actually a strong possibility of being chosen, as long as...they don't blow the interview. Bob is so easy to talk to though, and within minutes of starting the interview, it's like talking to an old friend who just really wants to know just how awesome the potential ambassador is. After the interview, for those who get chosen, there is a universal 'I think I nailed it!'; which after a few hours turns into 'I hope I nailed it' and by the next day the 'Get Mail' button on their email is both a best friend and a worst enemy. If they're lucky, it turns into a best friend and the excitement-o-metre (ie their heart) goes crazy! The first few hours and days after being chosen are incredibly exciting, sharing the news with family, and friends, and letting it sink in that an organization as incredible as i2P has chosen them as a Youth Ambassador.



Right away, a flurry of activity begins. Bob sends information about the first team conference call, Ray sends a congratulatory email and all of a sudden the Youth Ambassadors have about twenty facebook friend requests as the whole i2P team reaches out in congratulations and offers assistance, congratulations, support and advice.

And while all of this is extremely exciting, it is also what brings on a wave of nerves. John sends the first training program, which with his and Bob's encouragement the Ambassadors are optimistic about. But then a friend, upon hearing the news, responds with 'why on earth would you want to do that?' and suddenly it hits; 'I have been chosen to *run 250km across a desert, or trek 150km across a jungle*, what the heck have I gotten myself into?' Luckily though, the youth who apply for the program, are just crazy enough to believe family, friends and above all Bob when they repeat over and over again that it will be fine and even more than that, it will be *amazing*.

Training is grueling. Or at least if they are following the program to a T, it's grueling. If they aren't, then chances are they are losing a little sleep over not being able to.

Many Youth Ambassadors are athletes who have their own rigorous training plans to follow for their own sports, which they can't abandon. But with John's patience, guidance and reassurance, and a few program modifications the optimism returns. Probably the biggest challenge when it comes to the training is balancing everything. Youth Ambassadors are already busy with school, volunteer work, family commitments and active social lives so adding in training up to ten times a week requires careful planning and a lot of dedication.

Then there are the day-to-day waves of emotion. Youth Ambassadors face nerves when their family asks serious questions about their health and safety on the upcoming expedition (which of course Bob and Ray are excellent at answering), they get excited when they hear about the amazing team who will support them ('really? THE Marshall Ulrich who is beyond legendary?!') and they get antsy as they build up the courage to warn Bob about their weaknesses and fears ('Bob, I have the smallest bladder on the planet and am feeling nervous about holding the team up for my pee breaks!').

But beyond all of the emotions; underneath the unending gratitude, the crippling fear, the challenging training, and the awe of the team, lie two emotions that form the base. Two feelings that are never far from the surface from the moment they apply to the moment they take their first steps on the expedition and those are **determination** and **excitement**. Every single impossible2Possible youth ambassador is determined to succeed, is driven to rise to the challenge and is ready to face whatever obstacles are thrown their way. And not only that, they

are excited to push past their limits, to inspire and be inspired and have **the experience of a lifetime**.

While you follow Bolivia: La Ruta de Sal, think about everything that the Youth Ambassadors have done and felt leading up to their expedition. Instead of thinking that they are super-human, reflect on what it took to get them there. Youth Ambassadors come in every shape, size and form; they come from all over North America, and from all sorts of backgrounds. But when it comes down to it, they are just a bunch of ordinary young people who have **made the choice** to do something extra-ordinary.

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**Jill Gilday** is an alum of Running Tunisia, and i2P's Youth Ambassador Coordinator.

If you have any questions about the Youth Ambassador experience, please contact Jill at [jill\\_gilday@hotmail.com](mailto:jill_gilday@hotmail.com).

Train alongside the Youth Ambassadors as they prepare for Bolivia by downloading the schedule and nutritional guidelines on the i2P website!

A detailed tracking sheet for the Expedition BOLIVIA. It includes columns for 'Exercise', 'i2P', 'March 2011', 'April 2011', 'May 2011', 'June 2011', 'July 2011', 'August 2011', and 'September 2011'. The rows list various exercises and their completion status.

A weekly training schedule for the Expedition BOLIVIA. The columns represent the days of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. Each cell contains specific training activities and notes.



Jill in Tunisia, 2010.

# i2P impossible2 PROFILE

A look at people  
in the i2P Family  
who are doing  
the extraordinary.

## YOUTH AMBASSADORS WHAT ARE THEY UP TO NOW?



*Baffin 2009*

### TAMARA BANKS

Tamara is one year away from graduating from the University of Ottawa with an Honours Criminology degree (and a minor in Psychology). Otherwise, she finds passion and enjoyment from coaching competitive gymnastics - which she has done for the past 7 years - and volunteering for Restorative Justice - an organization that encourages offenders to take responsibility for their actions and repair the harm they have done to their victims. She feels that this non-punitive approach (which is similar to the one used in Aboriginal communities) provides the communal help, guidance, and support to help delinquents become better citizens.

In the future, she hopes to combine this approach with the i2P ideal - that we are all capable of great things if we push our barriers and break the status quo - and help provide youth with the opportunities that can help shape their lives forever. Tamara's experience as an i2P Youth Ambassador has altered her perspective in life: She now looks at everything as an adventure, in which nothing is unattainable. The most important lesson she took away from Baffin Island was that we are all capable of extraordinary things. In her words, "goals do not have to be extreme in definition, they can also be simple. Life is short. Go after your goals today, because you may run out of 'tomorrows'."

Tamara is also thrilled to be a Guide for the upcoming Expedition to Bolivia, she is excited to share an element that the new Ambassadors can relate to, and looks forward to once again proving to herself that the impossible is indeed possible.

*Tunisia 2010*

### CONNOR CLERKE



Connor just finished his first year at the University of Guelph, where he was majoring in Animal Biology. He sat out most of the cross country and track and field seasons due to sickness and injury, but is now healthy and training well, hoping to do some track and road races this summer while preparing for cross country season next fall.

Struggling to find an interest in academics and after talking with friends and family, he made the switch from Animal Biology into International Development. After being part of the Running Tunisia expedition last spring and becoming more and more passionate about humanitarian work, he decided that that is what he would like to focus his studies on.

This summer, Connor is hosting an event in Kelowna to raise awareness and funds for water and education projects in Africa with Hope for the Nations and impossible2Possible. The fundraiser will include a variety of events including a speaker's night with special guests including a refugee from the Democratic Republic of the Congo and Hope for the Nations President Ralph Bromely, a drive thru breakfast and a 125km run from the US border to Kelowna to contrast the immense amount of clean water in Canada compared to Africa.

The Running Tunisia expedition really made him realize that the impossible is in fact possible and you really can do anything you set your mind to. In his everyday life, he's reminded of how hard he and the Running Tunisia team worked to accomplish their goals - something he applies to the obstacles he faces day to day.

# RUNNING CAMBODIA V2: THE MEKONG EDITION

BY: JEFF DEAN &  
NATHALIE SAMSON



ONE FILTER  
FAMILY

i2P impossible  
ROFILE

Less than a year after completing our first run in Cambodia, we were on our way back, Running Cambodia V2, the Mekong Edition! Our goal was simple, run from the border of Laos across Cambodia to the Vietnam border, following the course of the Mekong River.

The team of four consisted of us and two friends from the Australian Firefighters Assoc, the group in charge of logistics. Our driver, Bunna, responsible for the truck carrying our gear, Mombo, our sweeper, following us on his trusty 'moto' and on ourselves, we carried backpacks with Gatorade, cell phone, GPS and first aid kits.

The first day gave us what we had hoped to avoid, searing hot pavement and glaring sunshine keeping the temperatures high, the heat radiating off the road baking us crisp. The day was tough but high in entertainment value, with children everywhere laughing at us, dogs chasing our toasted meaty calves and we were amazed by the generosity and kindness of those sharing what little they had to give along the way. We even acquired a mascot, a parakeet which we named BBQ given his original destiny before Bunna rescued him from a local kitchen.

As the days progressed we fell into a rhythm. On the road by 7:30, attempting to get 15km run before breakfast, 50km total by day's end, some days it worked others not so much. Regardless, the traditional Cambodia breakfast of noodle soup was always amazing! Unlike the year before, where we camped in the dirt on the side of the road, we had pre arranged lodging in a village, guest house or even a hotel so we had to meet our distance.

By day five we were sleep deprived, likely dehydrated, always hungry, and having a blast! We started to wish our adventure would never end. Our running became our being, our purpose.

Our route along the Mekong, allowed us to run through small villages with plenty of access to bottled water, but again we made a commitment to filter the water we would drink. Buying and consuming over 15 liter of bottled water a day meant burning the empties and the ecological impact was unacceptable to us.

The ninth day brought us into Phnom Penh, the only way into the city was to cross the 'Friendship' bridge right which shot us out at the other end, right into the middle of a massive roundabout. We dodged and dashed around trucks, cars, and what seemed like hundreds of motos, circling, staring at us, and attempting not to crash into each other. We made our way down the waterfront while tourists and locals alike stopped to wonder why these two 'barang skoot' were running in the middle of the road with the traffic flowing around them.

Our 11<sup>th</sup> day of running, over 460km from the start, brought us to the end. A little outpost on the border with Vietnam was our finish line and Running Cambodia V2 was over. We accomplished our goal, complete with two moto crashes, scorpion sting and even a dog bite. Bunna and Mombo had a journey they never imagined and admitted they thought none of us would finish. We had dared to chase a dream.

To date, One Filter One Family has been able to provide over 90 bio sand filters and several wells to the rural villages of Cambodia.



For more information, please visit:

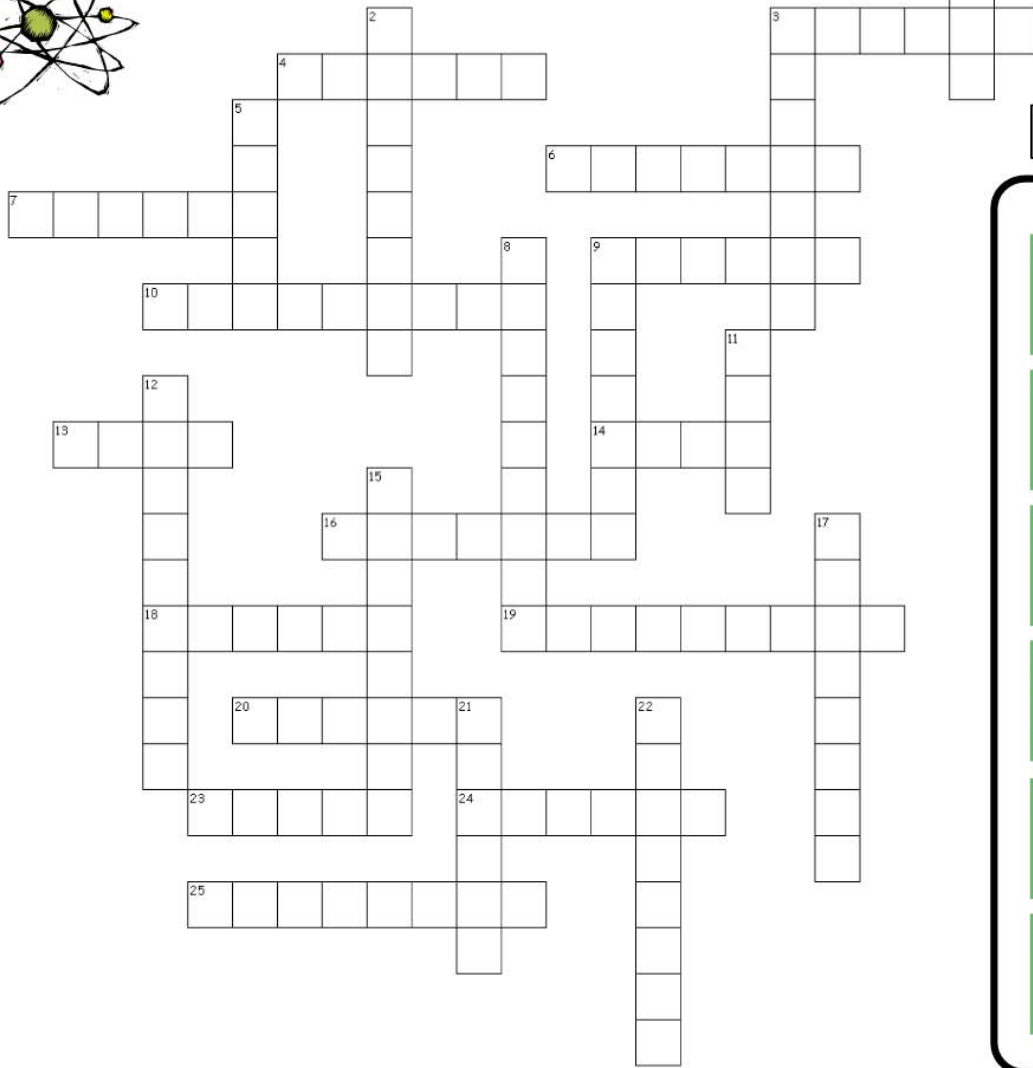
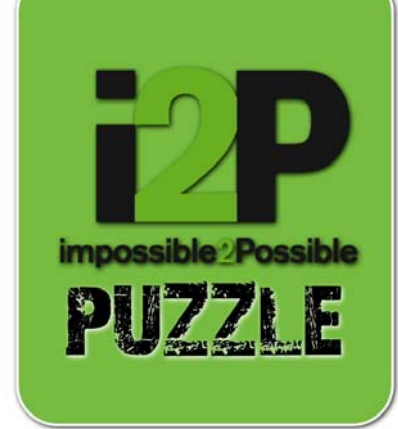
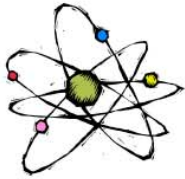
[www.onefilteronefamily.com](http://www.onefilteronefamily.com)

<http://www.travelblog.org/Bloggers/One-Filter-One-Family/>

EX<sup>15</sup>P<sup>22</sup>EDI<sup>5</sup>Ti<sup>3</sup>ON B<sup>5</sup>O<sup>3</sup>Li<sup>3</sup>VIA

P<sup>68</sup>Er<sup>24</sup>IODIC Cr<sup>24</sup>OSSWORD O<sup>8</sup>F

Th<sup>90</sup>E ELEME<sup>7</sup>N<sup>16</sup>T<sup>16</sup>S



DOWN

15	1	9	2
P		F	
14	3	5	5
Si		B	
4	8	20	9
Be		Ca	
26	11	19	12
Zn		K	
7	15	13	17
N		Al	
24	21	17	22
Ni		Cl	

ACROSS

11	3	27	6	9	10	13	3	16	12	19	18	1	25
Na	As	C	Ne	Li	Mg	Ar	H						
2	4	25	7	21	10	22	14	16	18	8	20	23	24
He	Cu	Mn	Fe	S	O	Co							

Tip: The answers to each clue (denoted by the number in the circle at the top-right) are the name of the elements shown. Good luck!

# THE AMBASSADOR

## EDITORIAL TEAM

### Comments? Questions? Suggestions?

If there is anything you'd like to see in "The Ambassador", or if you would like to learn more about i2P, please contact Matt Howe at [mhowe@impossible2possible.com](mailto:mhowe@impossible2possible.com).

Editors in Chief: <b>Bob Cox &amp; Ray Zahab</b>	Writer/YA Coordinator: <b>Jill Gilday</b>
Editor: <b>Matt Howe</b>	Marketing/Layout: <b>Todd Shannon</b>
Content Coordinator: <b>Jordan Thoms</b>	Content Coordinator: <b>Adriana Rossi</b>



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## impossible2Possible

"ADVENTURES THAT **INSPIRE** AND **EDUCATE** YOUTH TO **PROTECT** THIS FRAGILE PLANET AND ITS PEOPLE"

**i2P Mission** - The mission of impossible2Possible (i2P) is to use the platform of adventure and technology to Educate, Inspire, and Empower the global community to reach beyond their perceived limits and make positive change in the world.

**i2P Vision** - The vision of i2P is to cultivate a generation of leaders who, through direct experience, education and the use of groundbreaking technology, are prepared to pioneer social and environmental action throughout the world.

Before action and change must come education and awareness. Through a 21st century education program grounded in experiential learning and reciprocal communication, i2P makes use of

television, film, the internet, and other groundbreaking new media to deliver social, environmental, historical, cultural, and scientific issues from around the world directly to the classroom.

All i2P programs are subsidized by our amazing corporate partners, generous donors, and grant makers. This funding enables i2P to offer everything we do at no charge to schools, Youth Ambassadors, or the at large viewing audience. We are always looking for support and if you would like to donate, please visit <http://impossible2possible.com/?s=support>.



Ray Zahab speaking to a group of educators at the many educational conferences he attends annually. i2P continues to grow with the number of schools, teachers and students participating in their amazing expeditions and Experiential Learning Programs.

