

# FREQUENTLY ASKED QUESTIONS



## ANTARCTICA

NOV 8-17, 2025 | 10 DAYS, 9 NIGHTS EXPERIENCE

## CONSCIOUS MINDFULNESS EXPEDITION

*Led by Deepak Chopra*

### What is this expedition about and who leads it?

This is a 9-night / 10-day Mindfulness & Wellness Expedition to Antarctica, led by Dr. Deepak Chopra. It combines immersive spiritual experiences like daily meditation, wellness workshops, sound ceremonies with exploration of the Antarctic wilderness.

### When and where does the expedition take place?

The journey runs **November 8-17, 2025**, departing from and returning to **Ushuaia, Argentina**, via the ship **Ocean Victory**

We recommend you to arrive in Ushuaia the night before if you can and enjoy the quant town, you will be added to a whatsapp group a few weeks before the event so this is a great chance to meet up with fellow travellers.

On the morning of the 8th there will be a luggage drop area so you can enjoy the town until boarding in the afternoon.

The 17th, for disembarkation we will be into port around 8am, so we recommend to book flights after 2pm incase there are any delays due to weather.

### What's included in the trip price?

#### Included are:

- 9-night voyage aboard Ocean Victory
- Shared luggage handling and shuttle services in Ushuaia
- All meals on board + snacks and unlimited house beverages
- Zodiac landings with excursions (including optional polar plunge)
- Rubber boots, expedition parka (yours to keep)
- Wellness programming: workshops, expert talks, music & sound ceremonies
- Educational sessions and daily meditation
- Networking opportunities with fellow travelers
- Medical evacuation insurance up to \$200,000 USD

#### Not included:

- Flights or transfers to Ushuaia
- Optional activities such as kayaking (~US\$345) or snowshoeing (~US\$225), bookable onboard
- Excess baggage fees
- Standard health insurance (only emergency evacuation is included)
- Wifi (24-hr pass ~\$150, unlimited packages available)
- Gratuities (~US\$16/day recommended)
- Laundry services and personal expenses





## ANTARCTICA

NOV 8-17, 2025 | 10 DAYS, 9 NIGHTS EXPERIENCE

### CONSCIOUS MINDFULNESS EXPEDITION

*Led by Deepak Chopra*

INSIDER  EXPEDITIONS

#### How much does it cost per person?

Sample pricing (per person):

- Triple Porthole (shared): ~US\$12,999
- Albatros Porthole (shared): ~US\$15,999
- Balcony Stateroom (shared): ~US\$18,999
- French Balcony: ~US\$17,999
- Balcony Suite: ~US\$22,999
- Junior Suite: ~US\$26,999
- Chopra Suite (premium): ~US\$29,999



#### How many guests are on the boat?

There are 170 guests on the boat including Deepak Chopra and his team, other talent and Insider Expedition's event managers who will be hosting everyone and ensuring a smooth voyage

#### What is the booking process and payment schedule?

A deposit is US\$2,000 secures your spot. Final payments are due by 15 October 2025 in monthly installments, or if you wish to pay in full you can bypass any fees and surcharges.

#### What is the cancellation policy?

- All cancellations must be submitted in writing to Insider Expeditions via email.
- Payments are non-refundable.

We strongly recommend travel insurance, especially cancel-for-any-reason coverage, as COVID-19 and other unforeseen risks are not covered by the trip price

#### Are there eligibility or health requirements?

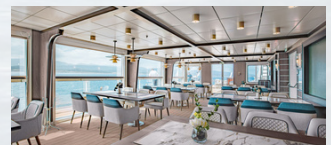
Participants must be 8 years or older. Travelers should be in good mental and physical health to fully participate. You're required to disclose any medical conditions and to fill out a health declaration prior to embarking on the ship.

#### What travel documents and visas are needed?

You must carry a valid passport, visas, vaccinations, and comply with any entry/advisory requirements for Argentina and expedition areas.

You will be required to fill out a participant information form and medical clearance form prior to embarkation.

Insider is not responsible for documentation errors or government entry denial. It's your responsibility to monitor and fulfill these requirements







## ANTARCTICA

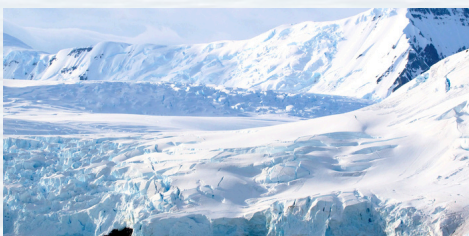
NOV 8-17, 2025 | 10 DAYS, 9 NIGHTS EXPERIENCE

### CONSCIOUS MINDFULNESS EXPEDITION

*Led by Deepak Chopra*

INSIDER  EXPEDITIONS

What should I expect regarding itinerary and programming?



#### Days 1-2 "Welcome to the End of the World"

Arrive in the vibrant city of **Ushuaia, Argentina**, the southernmost city on Earth. Take in the crisp Patagonian air, explore charming streets, and soak up the anticipation of the adventure ahead. That afternoon, step aboard your expedition vessel and set sail into the legendary waters of the Southern Ocean as your once-in-a-lifetime journey truly begins.

#### Days 3-6 The Epic Drake Passage & Antarctic Wonders

Enjoy the thrill of crossing the iconic **Drake Passage**, a true rite of passage for polar explorers! As the Antarctic Peninsula draws near, prepare for awe-inspiring landings at breathtaking locations such as the **South Shetland Islands, Deception Island**, and **Half Moon Island**. Encounter incredible wildlife penguin colonies, seals lounging on the ice, and majestic whales breaching nearby. Fill your days with mindful hikes, intimate wellness sessions, and moments of pure connection with this pristine wilderness.

#### Days 7-10 Return Journey & Soulful Farewells

As you sail back toward Ushuaia, slow down and savor every moment. Participate in reflective workshops, moving sound ceremonies, and deep conversations with your fellow travelers. On your final day, enjoy an unforgettable sail past the legendary **Cape Horn**, a landmark steeped in maritime history.

**Please note:** Antarctic expeditions are guided by the elements. Weather and conditions may shift the itinerary, making every journey truly unique. Changes are part of the adventure and not cause for cancellation.





## ANTARCTICA

NOV 8-17, 2025 | 10 DAYS, 9 NIGHTS EXPERIENCE

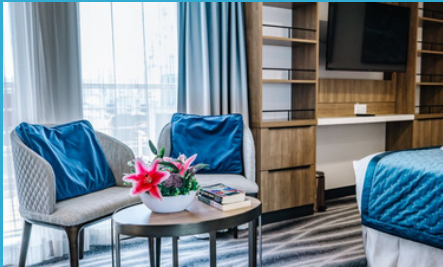
### CONSCIOUS MINDFULNESS EXPEDITION

*Led by Deepak Chopra*

INSIDER  EXPEDITIONS

#### What ship and cabin accommodations are like?

The expedition is aboard the Ocean Victory, a Nordic polar ship featuring elegant and spacious cabins (most with balconies), Hot tubs, a gym, spa, lounges, piano bar, library, theater, and wellness spaces. All cabins include amenities such as TV, refrigerator, power/USB outlets, robes, toiletries and a lot of storage so you can unpack and relax



#### Will any portion of the proceeds benefit charity?

Yes, a portion of the proceeds from this expedition supports The Chopra Foundation, dedicated to well-being research and humanitarian work

**CHOPRA  
FOUNDATION**