



FREQUENTLY ASKED QUESTIONS

Why "Frassati"?

The name of the retreat is taken after Blessed Pier Giorgio Michelangelo Frassati and placed under his patronage. Frassati, a Lay Dominican, was a living testimony of the beauty of our Young Church when one allows the Lord to take precedence in one's life. Being involved in society as a social and political activist did not deter him from maintaining a balanced life between prayer, charitable work, and having fun.

A kind, humble and joyful prankster he was, Frassati brought together his friends on outings in the mountains. Here, he led his friends closer to God through celebration of the Mass, reading and sharing Scripture, praying the Rosary, and simply experiencing God through His beautiful creation. One of his last known phrases before his sudden death was *Verso l'alto*. This motto truly represents his life - for through his daily endeavors, he never lost sight of aiming *toward the top*: the summit of eternal life.

What is included in the retreat?

The retreat includes everything from the time you arrive into Calgary and the time you depart; in other words, shuttle from and back to the airport (3 hour drive each way), lodging (4 nights), food (12 meals), outdoor activities (2 full-days & 1 half-day), and spiritual conferences. Please note that the retreat cost does not cover the airfare. You will be responsible for booking your own roundtrip flight.

What airport should I fly into?

Please book a flight to *Calgary International Airport (YYC)*. There tends to be good flight prices available via Expedia or Google Flights. Please book flights accordingly if you are requesting shuttle service to the retreat site.

What times are the retreat shuttle available?

The shuttle will pick you up and drop you off at *Calgary International Airport (YYC)*:

- Pick-up: Monday, June 16 at 2pm
 - Plan your arrival with sufficient time to pick up luggage and make it out to passenger pick-up by 2pm
- Drop-off: Friday, June 20 by 1pm
 - We will leave the retreat center at 9am and anticipate arriving around 12:30pm. To ensure that you have enough time for security screening and checking-in, it is recommended to fly out no earlier than 2:30pm.

Please note that the approximate travel time between YYC and the retreat site is about a 3-hour drive. Please plan your arrival and departure time accordingly.

What is the Frassati Scholarship?

It is our heartfelt desire to help all young adults seeking to delve deeper in their faith life and relationship with God to be able to attend this transformational retreat. Thus, a grant was able to be obtained to help make this possible.

The *Frassati Scholarship* is made possible through a generous collaborative grant from the *Conrad Hilton Foundation* and the *Federation of Vietnamese Women Religious in the USA*. These funds are specifically designated to support initiatives that address the well-being of young adults within Vietnamese Catholic communities across the United States.

Therefore, eligibility for the *Frassati Scholarship* is limited to Vietnamese Catholic Young Adults who demonstrate a genuine desire to foster healthy relationships with their peers, family, and God while desiring to strengthen their faith and be committed to his/her personal well-being. While we welcome young adults of all backgrounds to attend the *Frassati Adventure Retreat*, the scholarship's funding is restricted to projects and individuals that directly align with these specific goals and the intended beneficiaries as defined by the grant.

Applicants need to respond to the scholarship question stated on the registration form and if granted, scholarship recipients will be required to submit a post-retreat reflection no later than 2 weeks after the retreat. Scholarship amounts will vary each year but are anticipated to cover the entire retreat cost. Please note that you are still responsible for your airfare. As funds are limited, it is highly recommended that you register and apply as soon as possible to reserve your spot.

Where will the retreat take place?

The retreat will take place at Frontier Lodge in Nordegg, Alberta, Canada (402062, Range Road 15 #4A, Nordegg, AB T0M 2H0, Canada). As stated on their website, Frontier Lodge is a Christian outdoor adventure center situated on the eastern slopes of the Canadian Rockies. They specialize in all-inclusive, outdoor adventure-based programs - which are all formed based upon the belief that experiences in the outdoors build character, community, and a connection with God. To learn more, visit the [Frontier Lodge website](#).

What types of outdoor activities will we be doing?

Frontier Lodge offers a variety of Summer outdoor activities, including caving, rappelling, white water rafting, and Tyrolean traverse. The specific activities that we do will be confirmed closer to the retreat date.

How physically fit should I be?

Retreatants do not need to be a "full-fledged athlete." Nonetheless, they should be somewhat physically fit, as we will be doing outdoor activities that need strength, stamina, and perseverance.

What spiritual activities will we be doing?

Along with a few Dominican Sisters, a Catholic priest will also be accompanying us. Thus, we will begin every morning with the Holy Mass and the Sacrament of Reconciliation will be available every day. These spiritual chaplains will also be available for one-on-one conferences with retreatants.

What do I need to do to prepare?

First and foremost: PRAY! A retreat cannot bear fruit if it is not accompanied by prayer. Second, since this is an adventure retreat, you can begin to exercise regularly in order build physical stamina. Third, regarding personal and practical items, a comprehensive list will be sent closer to the retreat date.

What types of paperwork will I need to complete?

Since we will be traveling to Canada, please ensure you have a valid passport and the appropriate paperwork to enter the country. For American citizens, a US passport will suffice (i.e. you do not need a visa). Please also note that upon formal acceptance of your retreat registration, liability waiver forms and an upload link will be sent to you via email.

What do I do if I have any other questions/concerns?

We are glad that you are interested! Please feel free to reach out directly to Sr. Catherine Teresa Duyêñ Anh, O.P. at vocation@dsmip.org or (832) 277-4707 if you need any clarifications and/or additional information.