FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **APPIA RARE EARTH & URANIUM CORP.** (the "Issuer").

Trading Symbol: **"API"**

Number of Outstanding Listed Securities: **116,989,621 common shares**

Date: **December 6, 2021**

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and nonpromotional.

General Instructions

(a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.

(b) The term "Issuer" includes the Issuer and any of its subsidiaries.

(c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact. **On October 12, 2021 the Company announced that effective October 15 the Company name was changing to "Appia Rare Earths & Uranium Corp." to better identify the focus of the Company on its Alces Lake rare earths project as well as its Athabasca Basin uranium prospects.**

Information on the current year's exploration program at Alces lake being presented in this Monthly Progress Report is an abbreviated version of News Releases issued in November and on December 6, 2021. These Releases can be found on the Company's website www.appiaenergy.ca , on SEDAR and on the Company's site on the CSE.

2021 Alces Lake Activity

Approximately 7,600 metres of drilling was planned to test the near-surface and down-plunge extents of new and existing rare-earth targets and total metreage could approach 10,000 metres. More than 4,000 metres is dedicated to identifying the depth potential of the WRCB zones and help complete the understanding of this significant discovery. On November 29, 2021 (see news release) the Company announced a drill hole at Wilson North intersected 9.38 metres of 17.53 wt% TREO with assays up to 37.92 wt% TREO.

Assay results are being released as received and analyzed by the Company. On December 6, 2021 (see news release) the Company announced new assays from the summer field exploration and drilling program. The Alces Lake project encompasses some of the highest grades of total and critical* REEs, with elevated gallium values for all samples enriched with TREOs within a number of surface and near surface monazite occurrences that remain open at depth and along strike.

*** Critical rare earth elements are defined here as those that are in short-supply and high-demand for use in permanent magnets and modern electronic applications such as electric vehicles and wind turbines (i.e: neodymium (Nd), praseodymium (Pr), dysprosium (Dy) and terbium (Tb)).**

Assay results from the Wilson North and Richards drill holes confirmed some of the highest recorded rare earth grades discovered to date on the Alces Lake property.

Appia conducted an extensive field geology and sampling program on WRCB area earlier in 2021, sampling previously untested occurrences of REE across the claims block. Multiple REEs were identified with the full-property aerial geophysics conducted this year and confirmed with field work. High-grade REE mineralization has now been identified throughout an area covering approximately 27 square kilometres. Elevated gallium (Ga_2O_3) values have also been identified throughout the area, as it is hosted within the same mineralogy as REEs (monazite).

The Company has retained the services of consultants Watts, Griffis and McOuat Limited ("WGM") based in Toronto as advisors to the Alces Lake Rare Earth Element Project. WGM will be monitoring progress on the project pursuant to issuing a technical report (National Instrument 43-101) following the conclusion of the current exploration program later this year or in 2022.

Uranium Properties

Geotech Ltd. has completed two radiometric (U-Th-K) surveys on its uranium properties in the Athabasca Basin in northern Saskatchewan where Appia is targeting at or near-surface, high grade uranium and its associated mineral system. The properties are near existing infrastructure in the prolific eastern Athabasca Basin area.

Approximately 925 line-kilometres were flown over North Wollaston and 379 line kilometres over Loranger, with high-resolution 200m line spacing over the properties.

Geotech commenced flying a VTEM™ survey over the properties on November 8 but data has not been analysed at this time.

2. Provide a general overview and discussion of the activities of management.

On November 17, the Company announced the closing of an upsized C$8.5 million bought deal private placement,

Flow-through Units, priced at C$0.90, comprise one flow-through share and one-half warrant entitling the holder to purchase one common share per whole warrant at C$1.10 for two years after closing. 2,222,222 units were issued at C$0.90.

Charity flow-through Units, priced at C$1.00, comprise the same warrant terms as the Flow-through Units. 6,500,000 units were issued at C$1.00.

The warrants are exercisable at $1.10 until November 17, 2023.

3 Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law. **With the current new discoveries resulting from the airborne survey in early summer and grab and channel sampling on the new discoveries, the areas of interest now include Oldman River, the Western Anomaly and Train Domain**

4.Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been

amended or abandoned. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship. **N/A**

5. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced. **N/A**

6. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship. **N/A**

7. Describe the acquisition of new customers or loss of customers. **N/A**

   Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trademarks. **N/A**

8. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs. **There have been a number of university students working on the Alces Lake exploration project this summer, leaving the site at the end of summer. Other personnel are engaged for the duration of the current drill program which will likely wrap up in December.**

9. Report on any labour disputes and resolutions of those disputes if applicable. **N/A**

10. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings. **N/A**

11. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness. **N/A**

12. Provide details of any securities issued and options or warrants granted. **See 2 above**.

13. Provide details of any loans to or by Related Persons. **Undrawn management fees owing to the CEO totalled $570,000 on November 30, 2021.**

14. Provide details of any changes in directors, officers or committee members. **N/A**

15. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends. **The results of the Company's exploration programs as well as the outlook for world uranium and rare earth element ("REE") production and market prices affect the stock market price of the Company's shares.**

Prices for critical REEs have substantially increased over the past year, hitting a ten year high in November, as a shortage has developed, largely a result of the increase in electric vehicle production. China controlled 55% of the 2020 world mining capacity but had control over 85% of the rare earth refining capacity by importing rare earth concentrates for separation into the individual REEs. There are only a few plants outside China that are capable of doing the separation of REEs from concentrate.

The trade war between the USA and China is jeopardizing the availability of critical REEs and the Company's Alces Lake project contains some of the highest-grade total critical REE and gallium mineralization in the world.

For the supply of critical REEs required by the defence industry and for electronics, Washington is openly working on plans to reduce the dependence on China for the supply of critical REEs. There is a growing cooperation between Canada and USA in finding and producing REEs in North America, a long-term objective, but the grades of most known North American REE deposits suggest that they may not be economically mined and processed through the separation stage of production. The US government has announced that there will be a $20 income tax credit for every kg of REE critical for magnets originating and processed in the USA

Environmentalists in Greenland appear to be successful in stopping the proposed REE mining project there. Although there is no REE production in Afghanistan, there is a wealth of undeveloped metal ores, including REEs which will likely be of interest to China.

The Saskatchewan Research Council ("SRC") with Federal and Provincial support, is building a Monazite Processing Unit ("MPU") and a Solvent Extraction Unit ("SXU") in Saskatoon. The MPU is expected to be operational in 2023 and the SXU by mid 2024. SRC has the processing resources, capability and proven team expertise to produce heavy REOs and gallium from monazite mineralization hosting the REEs at Alces Lake.

At Elliot Lake, Ontario, the economic value of the Company's 2013 NI 43-101 reported resources is dependent, among other factors, on the market price and the demand outlook for uranium and REEs, as both these are present.

Spot uranium prices are recently reported to be US$46 per lb. Production cutbacks by Cameco and Kazatomprom, the largest uranium producer in Kazakhstan, (largely selling at spot prices) have reduced the supply side. Buyers show a reluctance to enter into long-term supply contracts, purchasing at the spot price instead.

Canada's recoverable resources of 606,600 tonnes of U_3O_8 is the third largest in the world.

Some mines in Africa have been on lockdown caused by the COVID-19 virus pandemic.

The World Nuclear Association has projected uranium demand to increase by 44% by 2035. There is a growing awareness that the supply from existing mines will not be sufficient to provide the needs of nuclear reactors that are being added to the existing

electrical generating stations. Industry opinion is that a minimum long-term contract price of US$60 is needed before any new mining projects will advance.

64 reactors are reported to be under construction around the world. Nine of 36 operable reactors in Japan have resumed operation, with an additional six having received approval to restart.

China has 42 operating nuclear reactors with an additional 19 units under construction and has plans to build another 41 units to reduce the use of coal, which is currently used to supply 70% of its electricity. China has an ongoing program of closing unregulated coal mines and has a plan to build 150 new nuclear plants over 15 years.

The political stability of countries currently supplying the REE and uranium market has caused concern in the United States, as to date none of the REEs and only 1% of uranium for reactors is sourced domestically. Canada supplies 24% of U.S. uranium requirements and Kazakhstan and Russia 37%. The concept of supplying 25% of domestic demand from US production requires a higher price, which will not be quickly achieved.

Certificate of Compliance:

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.

2. As of the date hereof there was no material information concerning the Issuer which has not been publicly disclosed.

3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).

4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: December 6, 2021.

Name of Director or Senior Officer: **"F. van de Water", Secretary**

Issuer Details Name of Issuer **Appia Rare Earths & Uranium Corp.**	**For Month Ended November 30, 2021**	Date of Report YY/MM/DD **21/12/06**

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