

experiences  
CANADA



# 2022-2023 ANNUAL YEARBOOK



# We see a Future in their Future



**Skills Development**

**Networking**

**Work Experience**

**Mental Well-Being**

Our youth are full of potential. With the world of work changing, we need to help ensure that they're prepared for what's next. That's why we created RBC Future Launch, a program that increases access to skill development, networking opportunities, work experience and mental well-being supports and services. Empowering the youth of today for the jobs of tomorrow. [rbc.com/futurelaunch](https://www.rbc.com/futurelaunch)

**RBC Future Launch**

Empowering the youth of today for the jobs of tomorrow.





# ACKNOWLEDGMENTS

We acknowledge the financial support of the Government of Canada through the Department of Canadian Heritage.

We would also like to thank our national sponsors:

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# ABOUT EXPERIENCES CANADA

**E**xperiences Canada is a national registered charity that is dedicated to providing experiential learning opportunities for youth across Canada. Through a wide range of immersive programs and exchanges, Experiences Canada connects young Canadians from diverse backgrounds, regions, and linguistic communities.

At the heart of Experiences Canada lies the belief in the transformative power of experiential learning. We believe that education is not limited to classrooms and textbooks. It is a lifelong process that involves learning through experience, observation, and interaction with the world around us. By engaging students in the learning process, experiential learning places real-world experiences at the forefront of their educational journey. Taking students out of the classroom and into real life scenarios provides answers to the ever so common question of “but why do I have to know this?” Our youth exchanges, forums and wide range of learning resources are designed to allow young Canadians to connect with one another, and gain new perspectives on the world around them.

We firmly believe that every young Canadian deserves the chance to grow, develop, and explore, regardless of their economic situation. Through various initiatives and partnerships, we strive to make our programs accessible to youth from all walks of life. As an organization, we continue to see the immense positive impacts that experiential learning can have on not only educating young people, but how these experiences shape who they are as individuals. As educators, parents, and community leaders, it is our duty to equip youth for the challenges and opportunities that await them in our increasingly interconnected world. Our youth are the leaders of tomorrow.

**WE FIRMLY BELIEVE THAT EVERY YOUNG CANADIAN DESERVES THE CHANCE TO GROW, DEVELOP, AND EXPLORE**

Over the past 85 years, we have united nearly 400,000 young Canadians through transformative learning experiences. As an organization, we provide Canadian youth with the opportunity to explore their country and connect with one another in ways that may have otherwise been out of reach. Our youth exchanges, forums and wide range of learning resources are specifically designed to allow young Canadians to connect with one another, and gain new perspectives on the world around them.





## VISION

We open young peoples' minds and involve them in a larger world



## MISSION

We offer transformational learning opportunities accessible to youth across Canada — creating fun, safe, memorable experiences that deepen their connection to their community and their country, enrich personal relationships, and build confidence and skills



## WE BELIEVE

...in the capabilities and potential of youth

...learning is an adventure

...young Canadians need to know their own country's diverse histories, cultures, and challenges first to better understand the world

...the most memorable experiences are shared experiences.

...exposure to new spaces and ideas will enable youth to see their world differently

...every youth deserves the opportunity to participate

...every youth deserves to be respected and included

...the safety and security of our youth is paramount

...everyone learns differently

## YOUTH EXCHANGES

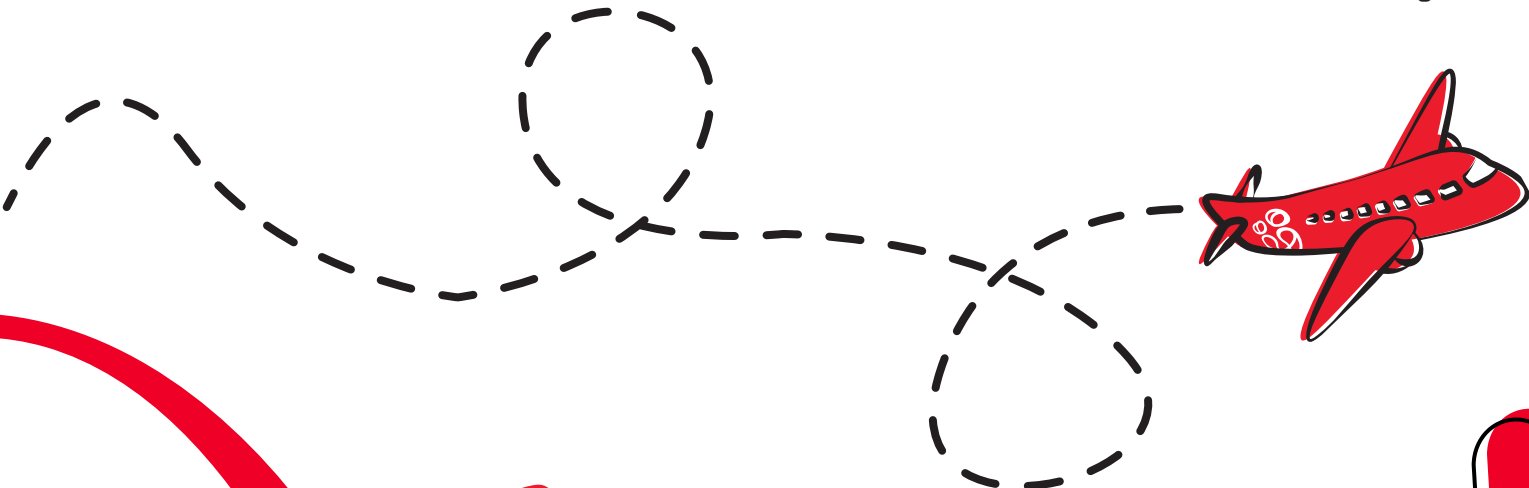
Life-changing experiences enabling youth to build personal skills and self-confidence, form new friendships, and promote engagement within their communities.

## YOUTH FORUMS

Youth leadership development offering youth opportunities to empower each other to be more involved in current affairs.

## LEARNING RESOURCES

Bilingual webinars, educational resources, and learning tools on topics relevant to today's youth including: Reconciliation, Anti-Racism, and Career Planning.



**A**s an organization, we take pride in our role in shaping the next generation of Canadian leaders. By providing young people with opportunities to explore their country and connect with their peers, we help lay the groundwork for a well-informed, conscious, and empathetic cohort of future leaders. These leaders will have a deeper appreciation for the complexities of the Canadian identity and will be better equipped to navigate the challenges and opportunities that lie ahead.



# A MESSAGE FROM THE CHAIR OF THE BOARD



Hello supporters, participants and readers of the 2022-2023 Yearbook. I am delighted to reflect on and celebrate an outstanding year in exchanges and programming.

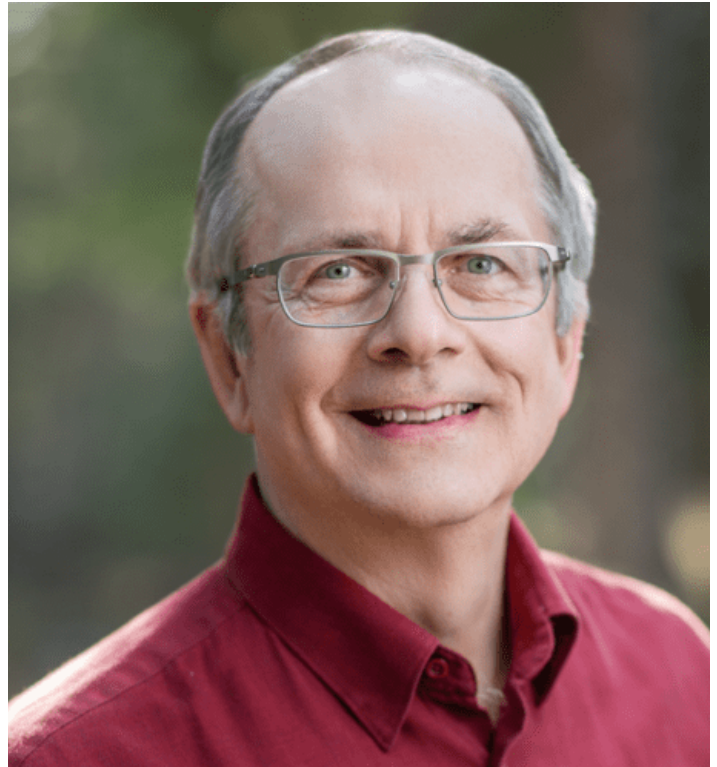
This year brought many challenges and changes but also highlighted new opportunities and ways of accomplishing our goals. In response we embarked on a journey of connection, learning, and exploration that exceeded all our expectations. Our programs and exchanges have a common goal – to provide young Canadians with the opportunity to broaden their horizons, form new relationships, and develop a deeper understanding of our diverse and vibrant nation. The pages of this yearbook are filled with stories of youth who ventured beyond their familiar surroundings, and immersed themselves in different cultures, languages, and traditions.

Our team worked tirelessly to curate a range of programs and resources that catered to a diverse array of interests and aspirations. From arts and culture to history and STEM, every initiative was carefully crafted to provide participants with new learnings and life skills.

Our success would not have been possible without the unwavering support of the federal government, our corporate sponsors, partners, and the communities at large. Your contributions, whether through financial support, mentorship, volunteering or sharing expertise, have been instrumental in making our programs and exchanges accessible to young people from all walks of life.

As we turn the pages of the yearbook, let us salute the growth, the connections, and the transformation that each participant experienced. Let us recognize the role we have collectively played in shaping the leaders and informed citizens of tomorrow.

Our commitment to excellence was evident in the dedication of our staff, the enthusiasm of our



volunteers, and the active engagement of our youth.

Thank you for your continued support, dedication, and shared vision. I am confident that our collective will to thrive will enhance future years of Experiences Canada.

Your success is our success.

With sincere appreciation,

David McInnes  
Chair - Board of Directors  
Experiences Canada  
August 30, 2023



# A MESSAGE FROM THE CEO



Hello Experiences Canada friends,

Thank you for reading about the past year of accomplishments and successes due primarily to our small and hard working staff, supported by our Experiences Canada Board of Directors. While I was not a part of all of the past year's programming, I wish to salute my predecessor Deborah Morrison for leading the team to many great outcomes including another year of thousands of youth on Exchanges, new Career Choices resources, virtual youth forums, and much more. We wish Deborah all the best in her new career.

One event I was able to attend was our inaugural Professional Development (PD) Conference held in Toronto, June 9-11. This PD conference represented the first time Experiences Canada brought together our Exchanges group organizers from across the country. As a newcomer, it was invaluable to hear firsthand from educators and youth leaders about their experiences, and how the program so positively influenced the lives of their youth participants. Over the weekend, a range of topics were covered from a suicide prevention workshop, to how to organize and fundraise for twinned groups of 30 youth, to what a Northern Canada Indigenous Exchange is really like (including two youth speakers who shared their memories). We plan to build off the success of the 2023 PD Conference and continue to deliver dynamic, informative events in 2024 and 2025.

The past year has laid the foundation for an even busier and more productive one in 2023 – 2024 and we are seeing the fruits of those efforts in the rising application numbers for Exchanges in 2023-2024. In addition, the excellent resources the team developed are helping Canadian youth in a range of ways; our Career Choices pages are the most visited on our website. The success of the past year's virtual youth forums has led to renewed funding for four youth forums (virtual and in-person) to be delivered between 2024 and 2026.

It is impressive to see how much was accomplished in

2022-2023, and I am excited to be part of a passionate team ready to build on this past year's successes.

Sincerely,

A handwritten signature in black ink that reads "Deirdre Laframboise".

Deirdre Laframboise





# REPORT FROM THE CHAIR, AUDIT, AND FINANCE COMMITTEE

**O**n behalf of the Audit and Finance Committee of Experiences Canada, I am reporting the financial results for the 2022-23 fiscal year. This report is derived from our audited financial statements for the year ended August 31, 2023, which are available on our website or upon request.

Experiences Canada completed its first year of a three-year funding agreement with the Federal Government's Exchanges Canada Program. We wish to thank the Minister of Canadian Heritage and the departmental staff at Exchanges Canada for their steadfast support and commitment to our program.

As travel and in-person connections continue to increase, all the effort made by the staff to stay relevant during the past three years have resulted in as a positive balance in the financial reports. We were able to deliver our first two-day professional development session to over 50 participants, providing information about Experiences Canada and the programs we offered. The session resulted in several applications being submitted for Exchanges in the 2023-2024 year. The additional application increases our total applications to 146 resulting in thousands of youths traveling, continuing the improvement from prior years.

The FinLit "Money 101" series is scheduled to be launched in November 2023. A series to provide basic money skills to the participants, filling a knowledge gap that was identified in the prior year.

The annual budget has increased from the prior years as more groups are expected to travel. The increase in revenues by \$3.27 million compared to prior year's revenue was offset by the increase in expenses by \$2.95 million. At the end of the year we were able to report a net positive position of \$36,000 which has not been done for the past 2 years.



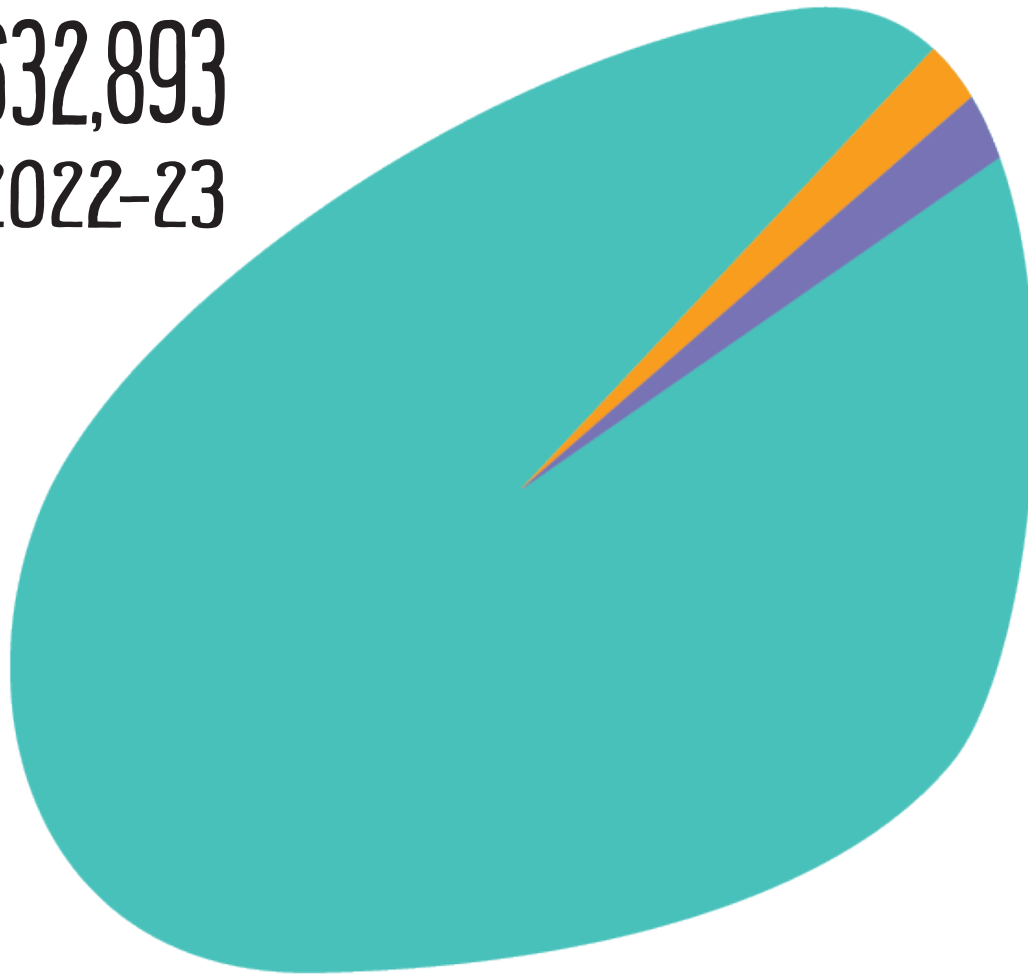
We wish to thank our individual contributors and funding partners for their generous support of this year's programs.

Alena Jackson



# INVESTMENT IN YOUTH PROGRAMS

**\$4,632,893**  
IN 2022-23



**96.77%**

Youth  
Programming  
\$ 4,483,036

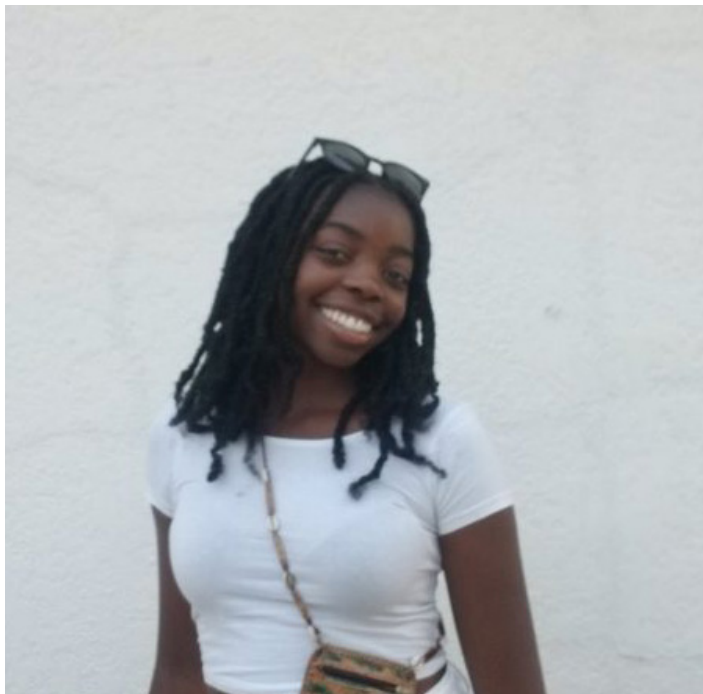
**1.83%**

Corporate  
\$ 84,629

**1.41%**

Marketing/PR  
\$ 65,228





# A MESSAGE FROM THE YOUTH ADVISORY COUNCIL

## NAMIREMBE AFATSAWO — PRESIDENT



Hi everyone! My name is Namirembe Afatsawo! I have been a member of the Youth Advisory Council (YAC) since 2021 and I have had the great opportunity of being the YAC's president this past year. My involvement with Experiences Canada first started in 2020 where I did an exchange to Sherbrooke, Quebec. Unfortunately due to Covid-19, the Quebec twins were not able to come visit my town, but I am still glad that we had the chance to meet in-person! Then, in 2021 I was accepted as a member of the YAC after seeing an ad for it in Experiences Canada's monthly newsletter. Finally, I also participated in the youth forum on allyship in May of 2022 after hearing about it at my first AGM in Ottawa!

The YAC's goal is to advise Experiences Canada on how to improve its programs based on our personal experiences with exchanges and forums as well as promote its programs. We have done this through our

three sub-committees: advisory, social media, and outreach. Although, this year there were some bumps in the road, the team did an excellent job of analyzing these issues and making a plan on how to proceed in a more effective manner. I couldn't be more proud!

To conclude, I would like to give some special thanks. Firstly, I would like to thank all the YACers that I have worked with this year. You are all amazing people and wish you the best of luck in your future endeavors. Next, I'd like to thank

Cleche Kokolo for being such an amazing YAC mentor and coordinator. Finally, I'd of course like to thank all of Experiences Canada's staff who work hard to provide opportunities like these to Canadian youth. Experiences Canada is truly an amazing organization and I cannot wait to see it continue to flourish and grow.

Sincerely,  
Namirembe Afatsawo  
President, Youth Advisory Council

Experiences Canada is widely recognized as Canada's leading service provider for youth exchanges. Launched in 1936 and previously known as SEVEC, Experiences Canada arranges travel, accommodation and programming for an estimated 5000 young Canadians and their chaperones who participate in reciprocal exchanges and youth events annually to better explore their country's rich history, culture, and geography.



## BOARD OF DIRECTORS

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**Alena Jackson**

**Anurag Arora**

**Daniela Pico**

**David Ross**

**Iza Parker**

**Paul Ash**

**Paige Percy**

**Marian Gayed**

**Chelsea Thompson**

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CEO

**Claire Laliberte**  
DIRECTOR OF FINANCE AND ADMINISTRATION

**Jamie McCullough**  
DIRECTOR OF DEVELOPMENT AND PROGRAMS

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**Sarah Marche**  
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YEARBOOK DESIGN BY M. LEHTO



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87 YEARS AFTER IT'S FOUNDING, EXPERIENCES CANADA IS STILL HELPING YOUNG CANADIANS EXPLORE THEIR COUNTRY, EXPERIENCE THE WORLD AROUND THEM, AND LEARN ABOUT THEMSELVES

Since 1936, Experiences Canada has been providing opportunities for students to exchange, explore, and experience Canada.

1936



The organization then known as Visites Interprovinciales was founded in 1936 when James Biggar, a history teacher from Upper Canada College created a summer exchange program for his students to live with

Quebec families to further their understanding of French Canada. Over the next 50 years the organization would expand its operations to include linguistic exchange opportunities for schools across Ontario.



Visites Interprovinciales gains notoriety when MacLean's Magazine

publishes an article about the exchange program interviewing prominent alumni families including Roland Michener, George Grant, and Kenneth Ramsay, and attributing the program to the Diefenbaker government's majority election win and breakthrough success in Quebec. A reported 1500 students from Ontario and Quebec participate in the program annually.

1958



1981

In 1986, SEVEC celebrated 50 years and twinned its 50,000th pair

of youth. More than 2,500 exchange students gathered in Ottawa to celebrate the exciting milestones

1986

Visites Interprovinciales merges with the Bilingual Exchange Secretariat an Ottawa-based organization founded by prominent educator and politician Jane Dobell. Together they became known as the Society for Educational Visits and Exchanges in Canada, better recognized as SEVEC.

SEVEC continues to be best known for its linguistic exchanges now offered across Canada, but also begins to broaden its focus to support cross cultural exchanges throughout Canada, to increase youth understanding of history, heritage, and the rich cultural and geographic diversity of Canada.





In 2015, the Society for Educational Visits and Exchanges in Canada (SEVEC) changed its name to Experiences Canada, a fully bilingual name that reflected its origins and core commitment to advancing opportunities for both French and English, but also reflected our continued desire to create connections for youth to our country, its diversity, its challenges and opportunities, and to each other.

2015



Experiences Canada 150&Me a new youth leadership program is confirmed as a Canada 150 signature initiative. A series of regional forums for young people between the ages of 14 and 19, are held across Canada over a three-month period culminating in Ottawa the week of Canada Day, 2017. More than 3,900 young Canadians in a national conversation about Canada's future. Which continues today through the annual Youth Leadership Forum program.

2017



With the outbreak of the COVID-19 pandemic, for the first time in its history, Experiences Canada had to cancel all planned travel and exchanges. Within five weeks of the shutdown, Experiences Canada launched its first virtual program, Online Conversations Series on Reconciliation. This was the first in a series of online programs on topics such as allyship, career choices, and financial literacy, designed to provide educators with relevant, accessible resources on topics relevant to today's youth.

2020

2022

Return to Travel! Canada's youth are once again able to explore their country in ways they never may have imagined and reconnect with one another through Experiences Canada's youth exchanges and youth leadership forums.



WHERE TO NEXT?





## MEET OUR ALUMNI

### COGIE COGAN

**M**any of the wonderful individuals I had the privilege of meeting at the Experiences Canada Forum on Diversity and Inclusion have remained close contacts, and together, we have collaborated on various community projects. The forum united a group of passionate young individuals from all corners of the country, all embarking on their journeys as champions of social change. Fast-forward a few years, and many of us have transitioned into young adults, leading our own initiatives within the realm of diversity and inclusion. Some of us have even joined forces with fellow forum attendees to drive positive social change.

For instance, one of my friends, whom I met through Experiences Canada, partnered with me to establish our university's inaugural student club dedicated to nurturing environmentally conscious business leaders. The forum cultivated a network of social change advocates, each of whom, in the next 5, 10, or even 30 years, will undoubtedly make a significant impact, bolstered by the support of 64 other like-minded individuals.

As a 16-year-old who had spent most of my life in a familiar community, the discussions during the forum prompted profound self-reflection on my privilege and my place in the world, something I had rarely contemplated before. It instigated my exploration of profound questions, such as my responsibilities to the communities I belong to and my obligations to those who have endured oppression. Additionally, it encouraged me to

scrutinize the ways in which I, as a young person, had been marginalized. Attending the forum empowered me to recognize and harness my voice as a Canadian youth.

The other youth participants in the forum were exceptional leaders, and after a week of hearing about their accomplishments in their respective communities, I felt inspired to initiate the change I aspired to see in my own community. Subsequently, I joined the Youth Advisory Council (YAC) and remained a part of it for two years, ultimately serving as Vice-President in my second year. During my tenure on the YAC, I had the opportunity to refine my public speaking and diplomacy skills through meetings with Members of Parliament.

Now, four years after attending the Forum on Diversity and Inclusion, I have been actively involved in advancing causes such as climate action and LGBTQ+ rights, among other critical challenges. I have also become an ally to numerous other communities because our world requires not only leaders but also fierce supporters of other people's work. I am thankful to have been involved with Experiences Canada as it has been instrumental in developing my critical awareness and leadership skills.

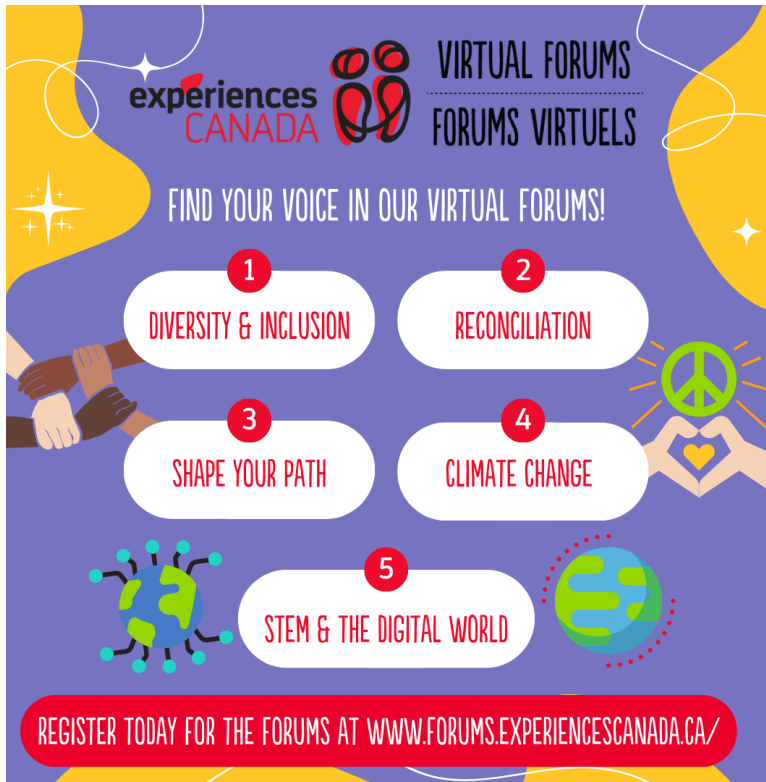
Cogie Cogan







# VIRTUAL FORUM 2023



In response to the uncertainties arising from the COVID-19 pandemic in 2022, Experiences Canada had to adapt and transition our youth forums into a virtual format. From December 2022 to April 2023, the forums drew together youth from grades 7-12 from all corners of the country in a safe and engaging online environment.

At the heart of these forums was a strong emphasis on education and connection. The forums encompassed a wide range of subjects, ensuring that every participant found something that resonated with their interests and passions. The topics were thoughtfully selected to address critical issues facing Canadian society in the present and the future, and aligned with curricula from grades 7-12 in STEM, social studies, language, and creative studies, as well as second language learning.

Each topic was carefully explored by experts in the respective fields, offering invaluable insights and facilitating meaningful discussions among the participants. The discussions were aimed at empowering young minds to develop a more profound understanding of the challenges facing themselves and others, and in turn, inspire them to become proactive advocates for positive change.

**Diversity & Inclusion** encouraged young people to identify their passions and dreams, equipping them with the tools to create a fulfilling future. This section aimed to instill a sense of purpose and direction among the participants, encouraging them to pursue their goals with determination and resilience.

Our **Reconciliation** forum provided an opportunity for participants to engage in discussions about the country's historical injustices and the importance of healing and building meaningful relationships with Indigenous communities. By shedding light on this vital aspect of the nation's identity, young attendees were given the opportunity to become informed advocates for positive change and contribute to reconciliation efforts in their communities.







## ABOUT RECIPROCAL EXCHANGE

Since 1936, Experiences Canada has offered an exceptional opportunity to Canadian youth from coast to coast: our reciprocal Exchange Program. Aspiring to enrich the lives of young Canadians, this program opens doors to transformative experiences that extend far beyond the confines of a classroom.

Offered to groups of 10 to 30 youth between the ages of 12 and 17, this program provides an immersive experience that goes beyond just sightseeing and travel. The essence of the program involves stepping into the shoes of someone else, in a different part of the country, and gaining insights that textbooks could never provide.

The exchange program is a catalyst for profound personal growth, cultivating transformation through hands-on experiential learning. This immersive experience helps youth form lifelong skills and unwavering confidence as they navigate real-world environments. It provides them the chance to deepen their language skills, dive into Canadian history, and embrace diverse cultures, enriching knowledge and broadening perspectives. Beyond this, exchanges create connections within communities, inspiring participants to take active roles in their communities and sparking passions that could potentially shape their future careers and life trajectories.

Experiences Canada offers a wide range of exchange themes, tailored to suit a diverse spectrum of interests. From cross-cultural exchanges that foster mutual understanding to engaging in immersive language exchanges that open up new linguistic horizons. For those inclined towards sports, we offer exchanges that intertwine the love for athleticism with cultural discovery. Likewise, for the musically inclined, our musical exchanges build on existing musical skills with the excitement of exploring new environments.

As we peer into the horizon of opportunity, Experiences Canada's exchange program stands as a testament to fostering unity in diversity, nurturing personal growth, and igniting a passion for lifelong learning. It's not just an exchange of locations; it's an exchange of dreams, aspirations, and a shared commitment to building a stronger, more interconnected Canada.





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EXCHANGE GROUPS

2088

YOUTH

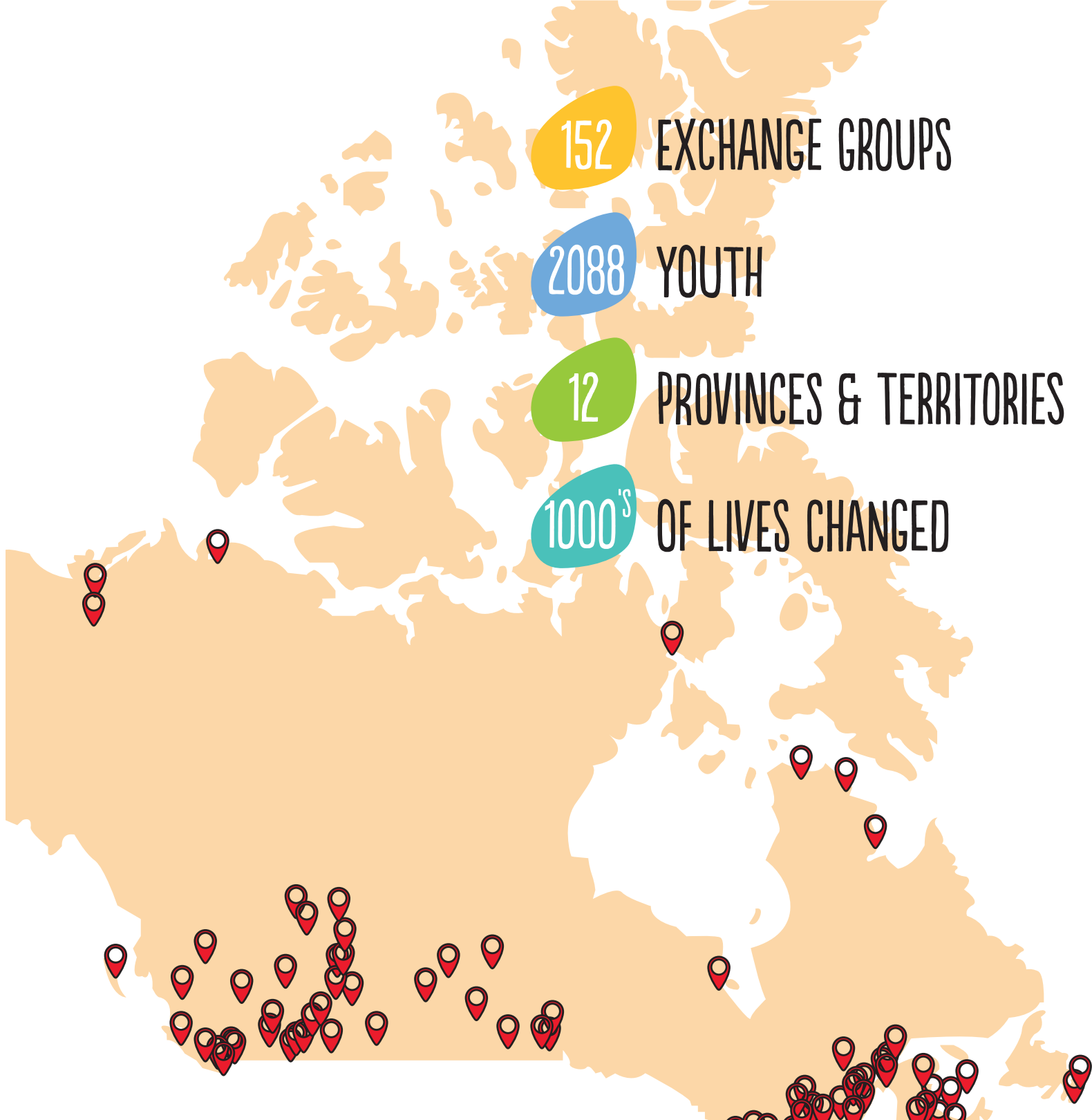
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PROVINCES & TERRITORIES

1000'S

OF LIVES CHANGED

# 2022-2023 EXCHANGES



# THANK YOU TO OUR GROUP ORGANIZERS

Experiences Canada's exchanges are made possible through the dedicated efforts of numerous group organizers who play a pivotal role in orchestrating the exchanges and ensuring the wellbeing of our young participants during their travels. These organizers encompass various roles such as educators, sports mentors, and community leaders, generously contributing their time as volunteers to bring these transformative experiences to fruition. If you have yet to extend your gratitude to your group organizer and chaperones for bringing your experience to life, take a moment to reach out and convey your heartfelt thanks!

We extend our heartfelt appreciation to the following group organizers from the 2022/2023 term:

John Bole	Julie Clark	Kelly Oliver	Chris MacLea	Karen Spencer	Gloria Danella
Kori Nagle	Boyd Davies	Judit Fustos	Ajay Koundal	Dany Marcotte	Cynthia Gagnon
Darren Yip	Jérôme Doré	Alison Gozna	Rebecca Wynn	Katarina Gram	Melissa Burton
David Fehr	Reda Hellel	Megan Brooke	Kelsey Wilson	Greg Davidson	Vicky VEilleux
Mohina Lal	Susan Baker	Matthew Tran	Ashley Abbott	Brandy Kozowy	Lonnie Granley
Kara Nolan	Megan Romas	Jennifer Cal	Shawnda Bedal	Marcia Dysart	Kayla McGuigan
Saima Toor	Blake Smith	Josée Allard	Lina Petrella	Janet Johnson	Julie Frenette
Aseel Awad	Grant Edgar	Dave Loubier	Litia Fleming	Angela Coutts	Matthew Winger
Janine Vis	Holly Poell	Emilie Duval	Kathy Chmelyk	Annie Bertrand	Cassandra Fast
Sue Heddle	Derek Eidse	Samara Worth	Yvonne Leicht	Andrea Crowdis	Kayla Veilleux
Rula Norman	Darby Flynn	Cheryl Gagne	David Monette	Meaghan Graham	Heather Fraser
Julia Drefs	Jason Bowers	Johanne Dion	Dylan Tretiak	Tarah Armitage	Suzanne Turbis

Laura McLennan  
Cadence Trites  
Eric St-Pierre  
Kathryn Reuter  
Serge Bilodeau  
Maaïke Hurkmans  
Stéphane Dumont  
Heather Kennedy  
Anahareo Doelle  
Evelyne Labelle  
Suzie Pelletier  
Maude Philibert  
Monique Randall  
Valérie Gingras  
Claudia Richard  
Alain Mankarios  
Larisa Trabulsi  
Nathalie Fortin  
Peter Patterson

Robert Matthews  
Ingrid Johnston  
Catherine Boily  
Stephanie Martin  
Lisane Montreuil  
Loulia Rousakova  
Katherine Searle  
Chantale Couture  
Claudia Bereznai  
Meghan Schreiner  
Sylvie Philippon  
Danielle LeBlanc  
Maude Bonneville  
Lizanne Girouard  
Graham Muncaster  
Vincent Bilodeau  
Stacey Zbeetnoff  
Joëlle LeGresley  
Elisabeth Hodder

Steve Kataquapit  
Kimberly Mathieu  
Nathalie Laflamme  
Sébastien Maurice  
Christianne Wiigs  
Christopher Rolle  
Rosalie Toussaint  
Andréanne Porlier  
Joyce Graham Royal  
Cathy Ann Mulligan  
Bathsheba Mitchell  
Virginie Verrassel  
Marie Diane Simard  
Elise Decarie-Jean  
Hilary McGillivray  
Crystal Swidzinski  
Benjamin Paulmartin  
Pierre-Henri Poudre  
Marie-Christine Adam

Lisa Marie Theriault  
Ronald Aubrey Hawton  
Patty Chevalier Sann  
Corey van Zandbergen  
Marie-Claude Tremblay  
Ingrid Musselman Bell  
Marie-Eve Bissonnette  
Samuel Couture-Brière  
Sarah Lightfoot Wagner  
Katherine Halas Moulton  
Sebastien Pongui Bayette

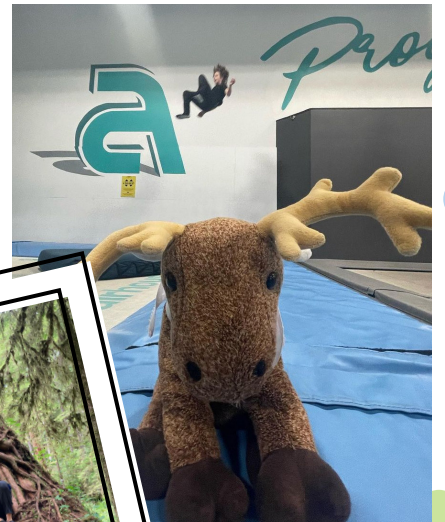
# THANK YOU!



## BEAUTIFUL BRITISH COLUMBIA

WE LISTENED TO A KNOWLEDGE  
KEEPER SHARE WITH US THEIR  
COMMUNITIES TRADITIONS, PRACTICES,  
CHALLENGES AND CONTRIBUTIONS  
IN THIS TIME OF TRUTH AND  
RECONCILIATION

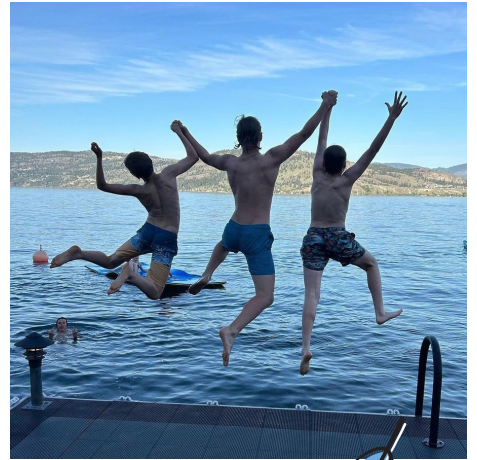
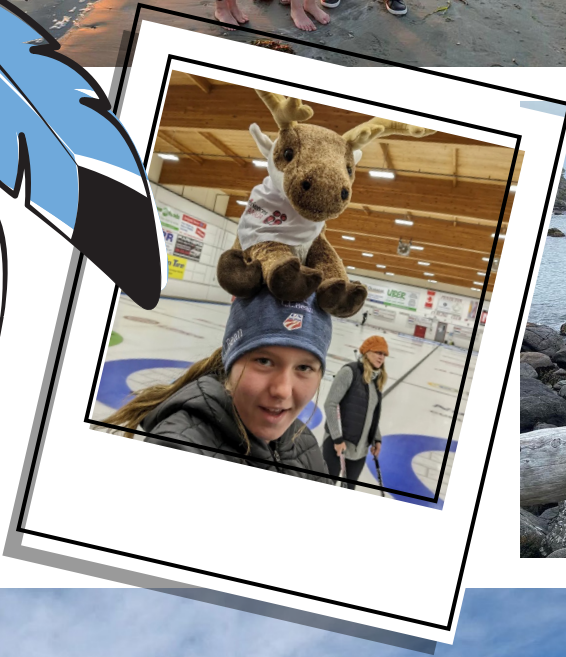
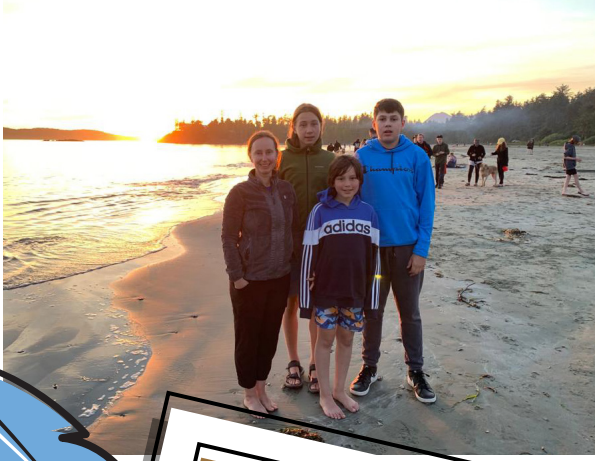
— ELLA SEMENIUK  
NAKKERTOK NORDIC SKI CLUB















**D**uring our exchange in Nelson, we were able to share some of our favourite parts of the area and community. We went skiing at Whitewater, bowling in Castlegar, met with Marilyn James, saw a movie at the Shoebox Theatre, went to the museum, relaxed at Ainsworth Hot Springs and much more! In classic Kootenay fashion, there was a snowstorm that added to the excitement. We had a fantastic week together and became good friends with the exchange students! Throughout our stay in Nelson, the community was very welcoming and supportive of our exchange.

Then, we went to Zeballos at the end of May! What an amazing trip that was! The Ehattesaht First Nation community shared so much with us - it is hard to know where to start.

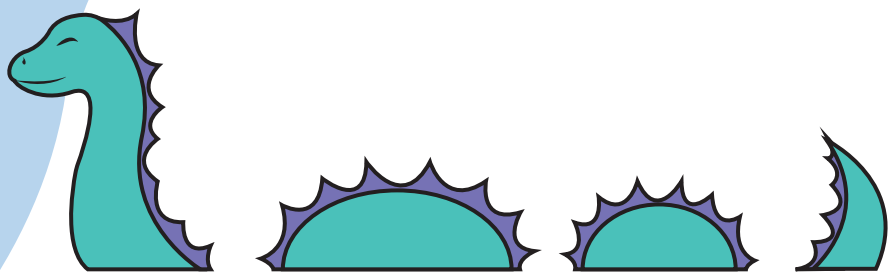
On the first day, we played games with the entire Zeballos Elementary Secondary School and were welcomed with a feast with various community members and elders. Then we spent two days at a nearby boat-in community called Esperanza, across from Nootka Island. We spent time on the water in kayaks, paddle boards and war canoes! At this point in the trip, our groups were getting along very well, and we felt like one!

The master carver, Vince Smith, invited us to his workshop and shared some of his knowledge and the totem poles he was working on. Then, we saw a ton of marine life while whale watching in Telegraph Cove. The trip's highlight for many of our class was the last activity of the week - a boat tour of the Ehattesaht First Nation territories. Chief Simon and two other community members took our group in three boats on a day-long boat tour. We saw the sites of past villages and important cultural sites, went fishing and swimming, ate oysters and had a lot of fun seeing the beautiful scenery and open ocean.

By the end of the trip, it was hard saying goodbye to our new friends from Zeballos! We are so grateful to have had this experience and made these connections. Thank you for setting up our exchange and supporting us along the way. We will carry everything we have learned for the rest of our lives.

— MILLIE PERRAULT  
NELSON WALDORF SCHOOL









WELCOME TO THE PRAIRIES!



THE JOURNEY TO MANITOBA WAS MY FIRST-EVER FLIGHT, AND I WAS SURPRISED BY THE NUMBER OF PEOPLE FLYING EVERY DAY.

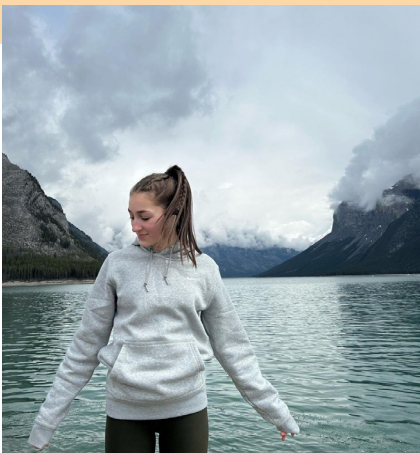
— KAYLEE JAMES  
WABASCA HIGH SCHOOL BAND



















# YOUTH EXCHANGES



**SEE MORE. BE MORE.**

Our reciprocal exchanges offer life-changing experiences, enabling youth to build self-confidence; develop skills; form new friendships; and inspire them to become more actively engaged in their communities.

-  Themed exchanges including sports, music, language, history & more
-  Open to groups of youth aged 12-17 and their chaperones
-  We'll match you with a compatible group or you can find one yourself
-  All group travel costs are covered

**APPLY FOR AN EXCHANGE TODAY**  
We'll pay the travel!

**TRAVEL COVERED BY US!**



[EXPERIENCESCANADA.CA/EXCHANGES/](http://EXPERIENCESCANADA.CA/EXCHANGES/)

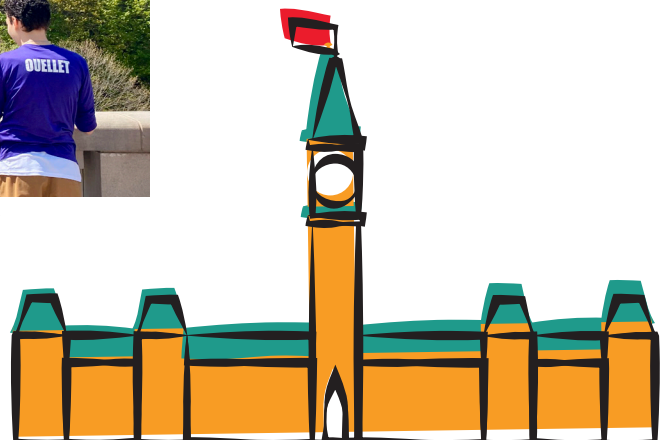




# ONTARIO AWAITS!









# SKI CLUB EXCHANGES

In January 2023, my ski team and I embarked on an unforgettable trip to Ottawa. The excitement was palpable as we departed at 6:00 am for our much-anticipated adventure. Throughout the entire exchange, we were immersed in new experiences that left lasting memories. Although I couldn't pick a single favorite moment, there were certainly highlights and epic adventures that brought joy to our hearts.

The journey began on a Tuesday morning at 4:00 am, not the most ideal time, but the anticipation made up for the early hour. After a long car ride to the airport and some waiting around, we were finally airborne and en route to Ottawa. As someone who had only experienced a few short flights as a child, the feeling of the massive airplane taking off and soaring through the skies was extraordinary. About 6 hours and one layover later, we landed in Ottawa, where the smiling faces of our exchange partners greeted us warmly. From that moment, I knew this trip was going to be something special. That very evening, we took a much-needed ski along the Ottawa River. Despite the freezing temperatures and my initial lack of energy, we had a great time. It felt surreal to be skiing right in the heart of downtown Ottawa, with a moderately busy city street on one side and the central river on the other. Back in my hometown of Kelowna, skiing was confined to the mountains, at least a 30-minute drive away from any urban area. Here in Ottawa, I could ski right back to the house where we were staying after practice, and that was a unique experience in itself.

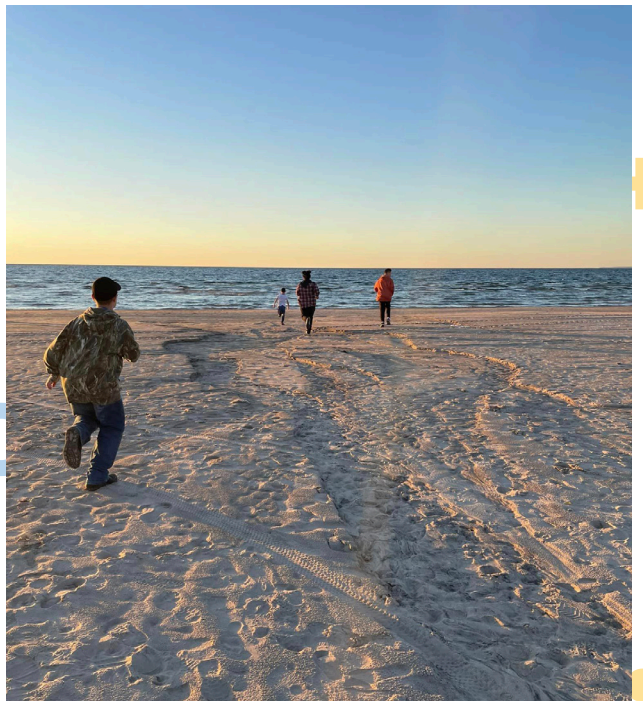
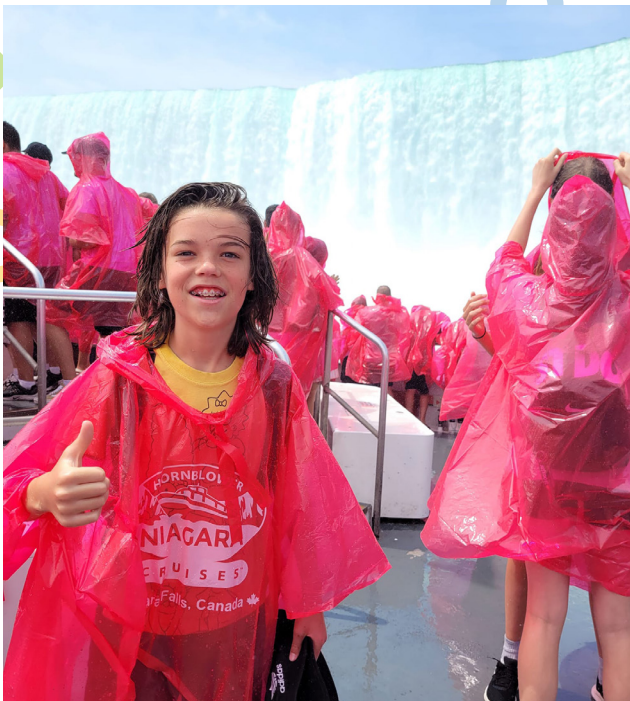
— CHLOE SCHIVERS  
TELEMARK NORDIC SKI CLUB





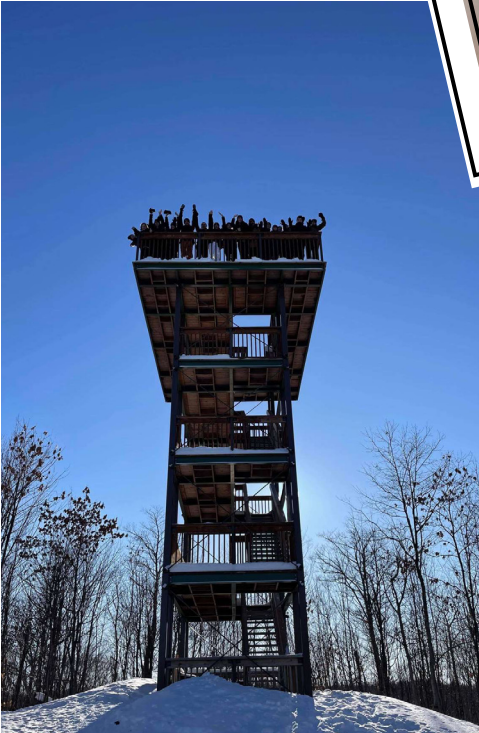




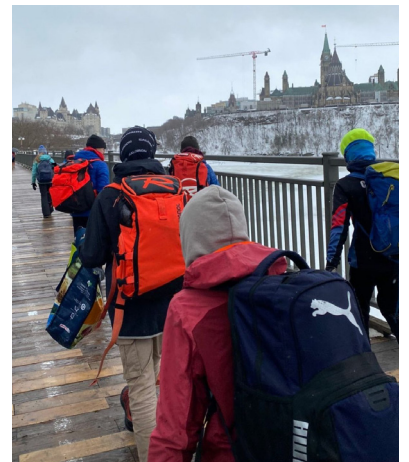
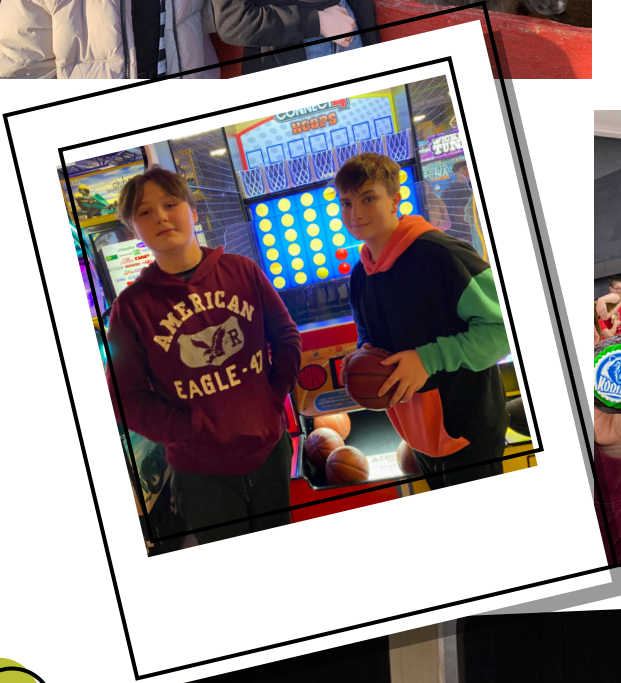




📍 QUEBEC IS CALLING







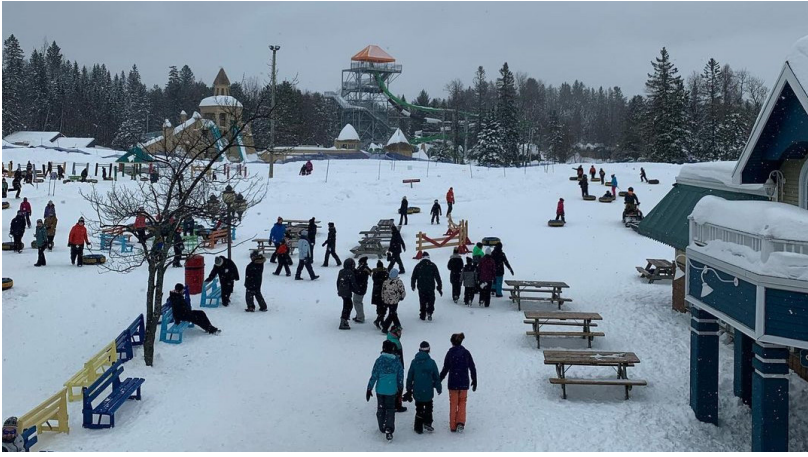












IT'S FAIR TO SAY THAT SKIING IN QUEBEC WAS A HIGHLIGHT FOR MANY... I ASKED SEVERAL STUDENTS TO RATE THE TRIP ON A SCALE OF ONE TO TEN... THEY ALL GAVE IT AN ENTHUSIASTIC TEN!!!

— MME. LEBLANC  
KINGS COUNTY ACADEMY

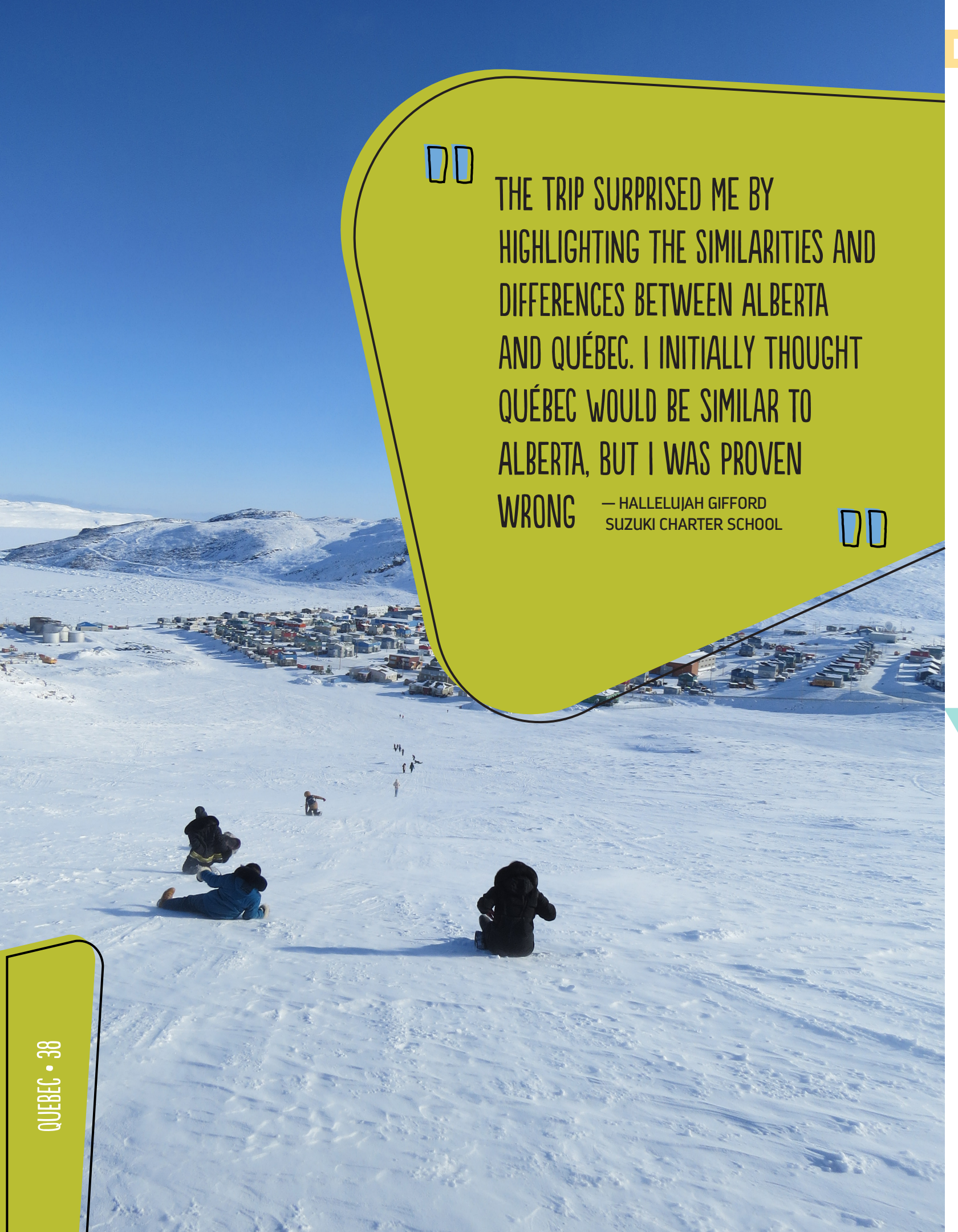




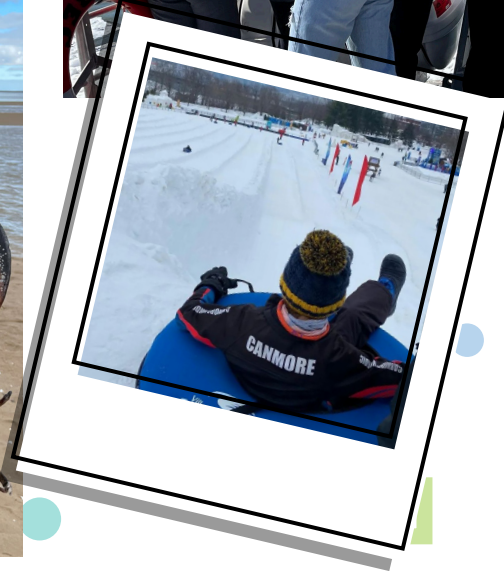


THE TRIP SURPRISED ME BY HIGHLIGHTING THE SIMILARITIES AND DIFFERENCES BETWEEN ALBERTA AND QUÉBEC. I INITIALLY THOUGHT QUÉBEC WOULD BE SIMILAR TO ALBERTA, BUT I WAS PROVEN WRONG

— HALLELUJAH GIFFORD  
SUZUKI CHARTER SCHOOL

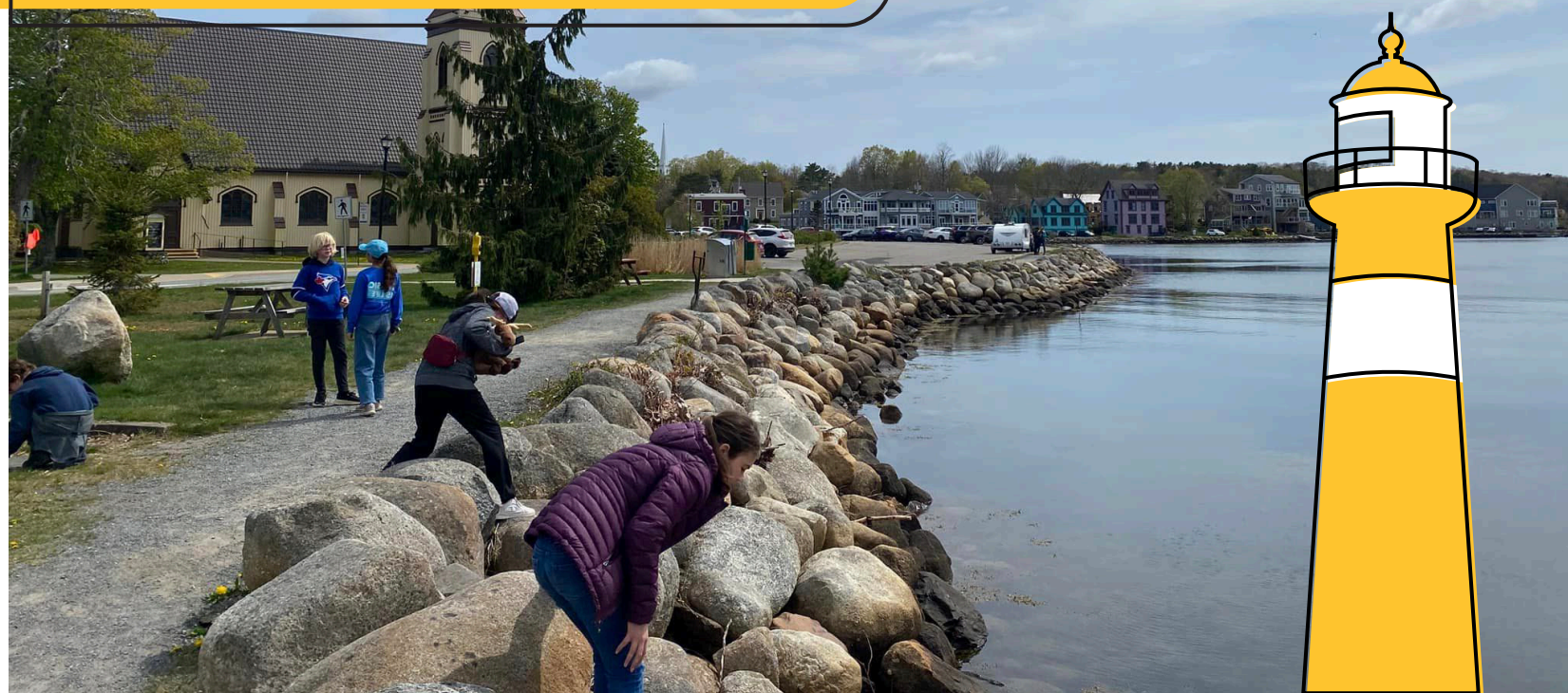








# ADVENTURES IN ATLANTIC CANADA



I LIKED GOING TO LUNENBURG! THE GUIDED TOUR OF THE CITY, THE ARCHITECTURE OF THE HOUSES, AND THE HISTORY BEHIND THEIR CONSTRUCTION - THE BLUE NOSE, AND THE SUPERSTITIONS SURROUNDING THIS MAGICAL PORT LOCATION WERE ALL INTERESTING AND CAPTIVATING! IT WAS A VERY ENRICHING EXPERIENCE IN A PICTURESQUE LITTLE TOWN. THE GAFF POINT HIKING TRAIL PROVIDED A BREATHTAKING COASTAL VIEW!

— JEAN-RAPHÉL CHRÉTIEN  
POLYVALENTE ST. FRANCOIS











GONE OUT EAST!












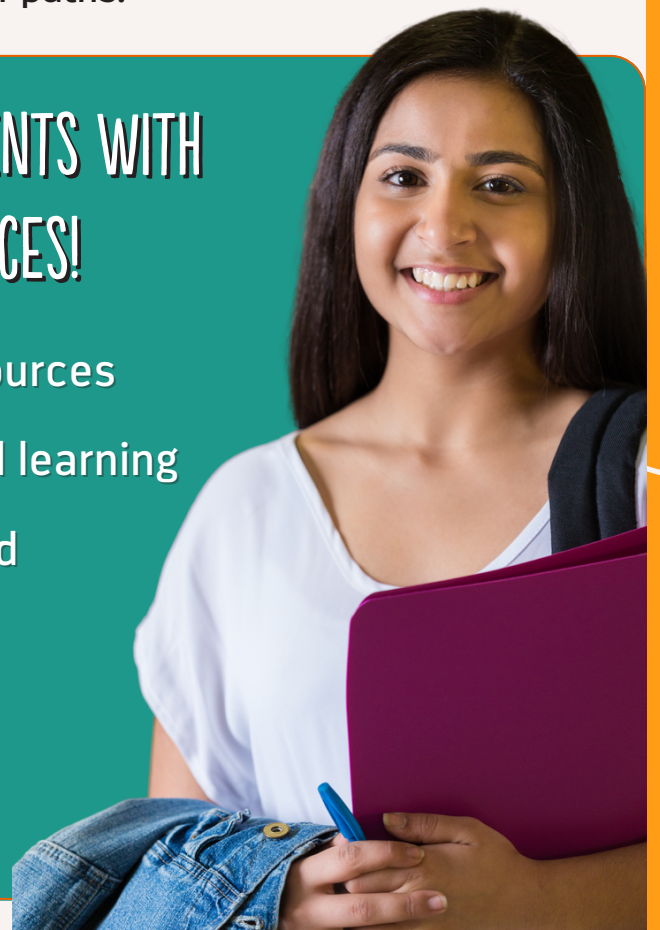
IGNITE LEARNING WITH REAL-WORLD EXPERIENCES!

# CAREER CHOICES

Looking for an engaging and hassle-free way to enhance your Civics and Careers curriculum? Experiences Canada has got you covered! Introducing Career Choices, a comprehensive program that seamlessly integrates with your classroom teachings, providing students with hands-on experiences, vlogs, and teaching resources to explore diverse career paths.

## UNLOCK THE POTENTIAL OF YOUR STUDENTS WITH EDUCATION AND REAL-WORLD EXPERIENCES!

-  Easy to integrate plug-and-play resources
-  Captivating career vlogs for engaged learning
-  Ready-to-use teaching resources and activities
-  Range of industry-specific resources
-  Case studies and interactive exercises



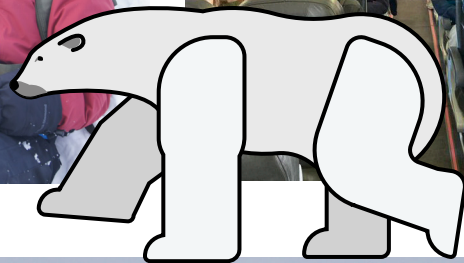
**CHECK IT  
OUT TODAY!**

[WWW.EXPERIENCESCANADA.CA/CAREER-CHOICES/](http://WWW.EXPERIENCESCANADA.CA/CAREER-CHOICES/)





# GREETINGS FROM THE NORTH











## FROM SIMCOE TO PAULATUK

From September 25 to October 1, 2022, we had the privilege of hosting students and teachers from Angik School in Paulatuk, here in central Ontario. We had an exciting time showing them some of the many attractions in our area, but the REAL excitement for our students was the opportunity to travel to Paulatuk in April 2023.

Our adventure began with a flight from Toronto to Edmonton, where we overnighed. The next day, our travels continued with a flight from Edmonton to Yellowknife, and on to Inuvik, where we boarded our charter flight to Paulatuk.

We were greeted at the airport by the smiling faces of many of the exchange participants and were transported into the community. The -25°C temperatures were a bit of a wake-up for us!

Angik School and the community of Paulatuk, where the last student exchange was over 40 years ago, welcomed us with great friendship, great food, and great activities. We spent two days on ice fishing trips to local lakes. Although the number of fish caught wasn't phenomenal, the experience of ice fishing through 6-foot deep ice certainly was. Community members, including the local RCMP officer, were most helpful in transporting us and all the required provisions with their snowmobiles



and qamutik. Some of our students were even outfitted with more appropriate winter wear for the trips when our "Ontario winter appropriate" clothing wasn't quite appropriate for Paulatuk conditions! It really does "take a village" to host an exchange.

Our students benefited from learning several traditional Inuvialuit crafts from Elders in the Paulatuk community. Everyone had the opportunity to make a tapestry, and several of the students also tried their hand at beading. The finished products were beautiful!

Experiencing traditional food items was another highlight for our central Ontario students. We feasted on caribou, Arctic char, and trout, and were able to sample beluga muktuk. On days when non-traditional foods weren't on the menu, we were certainly well fed with other more familiar foods. In addition to the traditional foods, we participated in several traditional games, both inside and outside the school. We also listened to, and participated in, a presentation by the world-renowned Paulatuk Moonlight Singers and Dancers, who shared their traditional dances and drumming skills with us.

Students had the opportunity to ski or snowshoe to the wreck of the ship The Roger in the bay just outside Paulatuk. This ship was one that was used to transport children from Paulatuk to residential schools in Aklavik and Inuvik, and its visible presence is a reminder of the need for healing and reconciliation between settlers and



Inuit peoples.

Two of the Paulatuk Elders, both of whom were taken to residential schools at the age of five, shared their stories with us. One of the Elders told us that he didn't return home (even for holidays) until he was 10 years old. By then, he had almost forgotten who his parents and family were. The most touching moment of the entire exchange (for me) was when this man said that he and several other residential school survivors had contacted the nun who had been their supervisor in the school residence. They talked and shared their stories, and at the end, they told the nun that they forgave her. To me, that showed great courage and great generosity of character. I'm not sure that I would have been able to do the same thing.

Tuktut Nogait National Park is located several kilometers from Paulatuk, but the Park Office is in the hamlet. Students had a chance to learn about the park, and about its importance in the preservation of the Blue Nose Caribou herd.

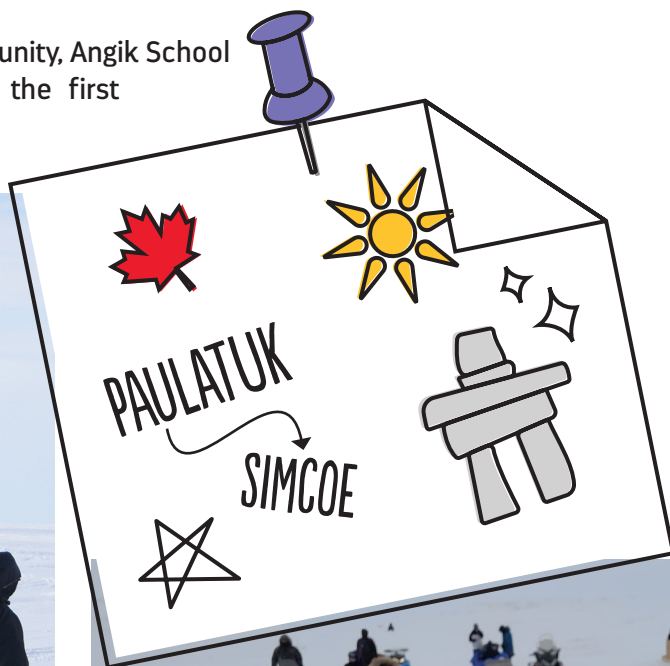
Our last evening in the community, Angik School hosted a student dance - the first dance at the school in

recent memory. Following the dance, we headed to the hills outside of town for a bonfire and some time together. Before we knew it, it was midnight, and the sun still hadn't set! Not something we're used to in central Ontario.

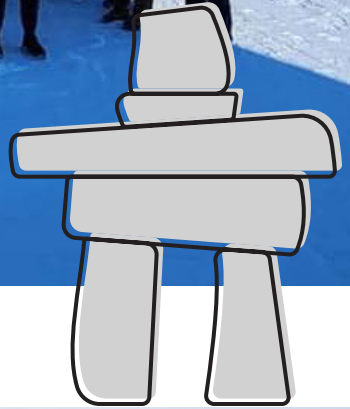
A very special thanks goes to Beaufort-Delta Divisional Education Council teachers Chris MacLea, who helped with the process of planning the exchange last school year, before he moved to Tsiigehtchic; and to Kyle Sagert and Julie Clark, who completed the planning and oversaw the great experience for all our students.

If anyone is interested in participating in a once-in-a-lifetime exchange like we experienced, I would encourage you to visit [www.experiencescanada.ca](http://www.experiencescanada.ca) and find out more about how to take part. This exchange to Paulatuk was my 15th exchange, and every time I'm on an exchange, I see students' lives changed for the better. I would highly recommend a similar experience for every Canadian student!

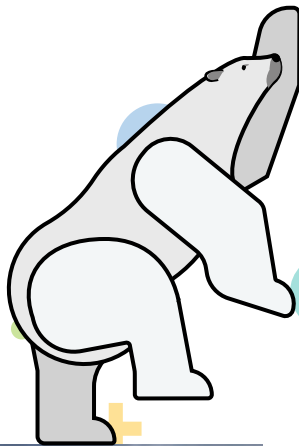
— MS. AUBREY HAWTON  
SIMCOE COUNTY SCHOOL













# TESTIMONIALS

## WHAT DO YOUTHS, ORGANIZERS, AND TEACHERS THINK?

It's hard for me to pinpoint exactly what my favorite part of the trip was. And although I don't have a particular favorite memory, the friendship I've developed with Jayna has made a lasting impact in my life that I hope I can continue to cultivate for years to come.

The entire experience of touring, performing, and staying with our host families was truly memorable.

The trip was a big deal for our community because there has not been a student exchange in 40 years!!

I couldn't help but feel a sense of nostalgia and longing for Ottawa. Its rich history, beautiful art and architecture, and the endless opportunities for exploration had left a profound impact on me. However, beyond that, the trip had instilled in me a powerful sense of belonging and connection with Canada as my home, no matter where I may find myself in the world.

I adored my trip and the experience of staying with a host family.

Traveling around Québec City and Edmonton made me realize that individuals, places, stories, and cultures shape Canada.



I had the chance to see new landscapes that I haven't yet seen. This trip truly allowed me to get to know myself better and discover another part of Canada.

We are grateful for the chance to participate in such an experience: thanks to our exchange, we were able to create memorable memories and form new friendships. In fact, we cherish our connections with many Alberta students and keep in touch with several of them. We highly recommend this experience to young people who are open-minded, curious, and adventurous

We are so grateful to have had this experience and made these connections. Thank you for setting up our exchange and supporting us along the way. We will carry everything we have learned for the rest of our lives.

This experience was one of a kind, I made so many new friends and I'm hoping that I will see Larch Hills again at cross country ski nationals!

we landed in Ottawa, where the smiling faces of our exchange partners greeted us warmly. From that moment, I knew this trip was going to be something special.

The students spent time with their host families and discovered this beautiful part of Quebec.

I loved my trip. The people who welcomed me were very kind and hospitable.



# WHAT COMES NEXT?

**A**s we head into the 2023/2024 academic year, Experiences Canada is dedicated to shaping the leaders of tomorrow. With a legacy built upon fostering connections, promoting diversity, and igniting growth, we are excited to share our plans for the upcoming years.

## EXCHANGES:

At the heart of Experiences Canada's mission is the belief that transformational learning transcends classroom walls. In the coming years, we are excited to extend our reach to even more young minds. While schools remain a focal point, we're casting a wider net to include youth groups beyond academia. This expansion encompasses various areas, from sports teams and music groups to the arts, as well as increasing our available special measures funding to make exchanges more accessible to Indigenous youth in remote areas, and youth with disabilities. We want to ensure that youth from all walks of life have the chance to participate in our life-changing experiences.

## FOCUS:



Through the generosity of Canadian Heritage, Experiences Canada will continue to host our widely popular youth forums over the next two years. These forums provide a dynamic platform for young Canadians to engage in thoughtful discussions on current challenges facing Canadian society.

We are excited to announce two new forums over the next two years. The first, starting this winter, will be dedicated to the topic of Reconciliation. The forum will start with a series of webinars featuring Elders, Knowledge Keepers, community leaders and youth leaders discussing the main priorities that youth should be aware of. The series will culminate in a one week in-person forum in Ottawa where youth will have the opportunity to apply their training, share their ideas and strategies for Reconciliation and youth engagement, and work collaboratively to produce their own podcast on topics discussed. The following year the same format will be applied to our Diversity, Inclusion and Allyship Forum, culminating in an in-person forum in Halifax. Our hope is that these discussions will empower young minds to be agents of positive change in their communities and beyond.

**I**n the upcoming years, Experiences Canada's commitment to fostering connections, promoting diversity, and sparking growth remains unwavering. Join us as we embark on a transformative journey, shaping the leaders of tomorrow, one meaningful experience at a time.

Stay connected, stay inspired. Follow our journey on social media platforms including Instagram, Facebook, LinkedIn, and TikTok. Here, you'll find a tapestry of experiences, stories, and moments that exemplify the heart of Experiences Canada.

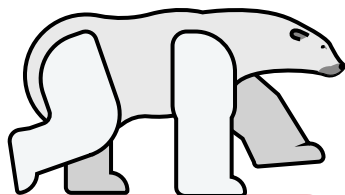
Curious to learn more or contribute to our mission? Visit our website at [www.experiencescanada.ca](http://www.experiencescanada.ca).



EXPERIENCES CANADA HAS PROVIDED YOUTH WITH  
EXCHANGES AND OPPORTUNITIES FOR 87 YEARS.  
BUT WE CAN'T DO IT WITHOUT YOU!

WE NEED YOUR SUPPORT!

It's time! Canada's youth are ready to get back out into the broader world and reconnect with one another. Experiences Canada is here to get them going— safely and affordably. Help us to reignite the excitement of discovery among young Canadians as they explore the rich diversity of our country and build new life-long connections – one Experience at a time!



Your donation will help youth who may not be able to participate without additional financial support and resources. Whether you send a one time gift or donate monthly, no matter how much or how little, your donations means the world to us - and to the youths they help support.

[WWW.EXPERIENCESCANADA.CA/DONATE](http://WWW.EXPERIENCESCANADA.CA/DONATE)







**EXCHANGE.**



**INSPIRE.**



**EMPOWER.**

