Catalyst Experiences: Spring/Summer  
(Formerly Project Serve Spring/Summer)

**Guelph: Food Justice**

This Guelph-based program focuses on food justice while considering the intersecting components of social and environmental justice. Through this lens many food-related topics will be explored, such as food security and access, sustainability, skill building (e.g. cooking and preserving food), and food production and distribution. Program activities will include classroom sessions, guest speakers, tours of organizations, volunteering, and hands on workshops. We will explore food systems issues on campus, in the broader Guelph community, and through a day trip to organizations focusing on food justice work in Toronto. We will also discuss food justice issues at a national and global scale, and will discuss the impacts of personal food choices, community food systems, and local to international food policies on food justice.

<table>
<thead>
<tr>
<th>Partners:</th>
<th>Various food justice organizations and farms in Guelph/Wellington and Toronto</th>
</tr>
</thead>
<tbody>
<tr>
<td>Host Community:</td>
<td>Guelph</td>
</tr>
<tr>
<td>Themes:</td>
<td>Food justice; food systems; food security; sustainability; food education; gardening; organic food production; community resilience; food related skill building</td>
</tr>
<tr>
<td>Type:</td>
<td>Volunteering, tours of organizations, workshops, practical skill building</td>
</tr>
<tr>
<td>Program Length:</td>
<td>5 days (usually late April, after exams are completed)</td>
</tr>
<tr>
<td>Mandatory Training Dates:</td>
<td>There will be one pre-program group meeting, date TBD, and a pre-program survey that must be completed in order to participate</td>
</tr>
</tbody>
</table>
| Time Commitment:     | **Pre-program:** 2-3 hours training/group meetings + additional personal preparation  
|                      | **Program:** Approximately 45 hours; mainly full days with some shorter day sof programming. Please refrain from booking work during the program dates.  
|                      | **Post-program:** 1 hour sharing feedback                                    |
|                      | **Total:** ~50 hours (not including travel to campus, free time, and additional personal preparation) |
**Program Fee**  
$220, includes:  
- one meal on shorter program days  
- all meals on full program days, except for one dinner in Toronto (may pack a dinner from our supplies or purchase your own meal)  
- day trip to Toronto, including transportation and entrance to all organizations  
- transportation to all community partner organizations and cost of all educational excursions  
- supplies for hands-on workshops e.g. canning jars  
- kitchen facilities and classroom for the duration of the program  
- any guest speakers/instructors

**Partners:** Various food justice organizations and farms in Guelph/Wellington and Toronto

**Additional Costs:**  
- one meal in Toronto (optional)  
- transportation to campus each day

**Group Size:** 15-20 participants and 1-2 group leaders

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**Guelph: Truth & Reconciliation**

This Guelph-based program focuses on the theme of Truth and Reconciliation and is open to non-Indigenous and Indigenous students. The theme itself will be unpacked: What does reconciliation mean? What is the role of individuals and communities in reconciliation? Participants will gain an understanding of Indigenous resilience and local community resources. Program activities will include cultural learning within community, excursions to nearby reserves, classroom sessions, guest speakers, tours of organizations, volunteering, and workshops. While the program is based in Guelph and will explore local contexts, it will also include trips to nearby communities and a day in Toronto exploring themes around urban indigeneity.

**Partners:** The Aboriginal Resource Centre; various Indigenous-led organizations; local community members

**Host Community:** Guelph

**Themes:** Truth & Reconciliation; relationship rebuilding; Indigenous resilience; Indigenous communities; First Nations, Inuit, and Metis experiences; worldviews; unpacking settler-Indigenous relationships; intercultural learning

**Type:** Experiential cultural learning, tours of organizations, workshops, volunteering

**Program Length:** 6 days (usually late April, after exams have ended)

**Mandatory Training Dates:** There will be ~2 pre-program group meetings, dates TBD, and a pre-program survey that must be completed in order to participate
**Time Commitment:**

- **Pre-program:** 3-5 hours training/group meetings + additional personal preparation
- **Program:** Approximately 55 hours; mainly full days with some shorter days of programming. Please refrain from booking work during the program dates.
- **Post-program:** 1 hour sharing feedback

**Total:** ~60 hours (not including travel to campus, free time, and additional personal preparation)

**Program Fee**

$420, includes:
- 1 meal on shorter program days
- all meals on full program days, except for one dinner in Toronto (may pack an additional dinner from our supplies or purchase your own meal)
- day trip to Toronto, including transportation and entrance to all organizations
- day trip to Six Nations of the Grand River First Nation Reserve, including cultural tour
- transportation to all community partner organizations and cost of all educational excursions
- any supplies required for workshops and reflection activities
- kitchen facilities and group meeting space for the duration of the program
- any guest speakers/instructors and honoraria for community members

**Partners:**
The Aboriginal Resource Centre; various Indigenous-led organizations; local community members

**Additional Costs:**
- one meal in Toronto, if you elect to purchase rather than pack it
- transportation to campus each day
- participants must provide their own accommodation during the week

**Group Size:**
12-15 participants and 1-2 group leaders

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**Catalyst Experiences: Reading Week**

*(Formerly Project Serve Reading Week)*

**Guelph: Climate Justice**

This Guelph-based program explores issues related to climate change through the lens of social and environmental justice. Participants will be introduced to many climate justice topics, such as energy, food systems, transportation, and environmental health, with a particular focus on current issues being explored in the Guelph-Wellington region. Considering the broad nature of the topic, the focus of the program is on providing opportunities to learn about climate justice that are experiential, hands-on, and community-based in nature. Participants will engage with climate issues from the levels of personal choice to community solutions, and consider the impacts of local, national, and international climate policies. Participants will receive facilitation training and deliver workshops on climate change to local elementary and/or secondary school students. Participants will leave the program with a better understanding of what it means to be a climate citizen and advocate, and with practical ideas to implement this understanding.
<table>
<thead>
<tr>
<th><strong>Partners:</strong></th>
<th>Our Energy Guelph; City of Guelph; UofG Sustainability Office; My World, My Choice</th>
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</thead>
<tbody>
<tr>
<td><strong>Host Community:</strong></td>
<td>Guelph</td>
</tr>
<tr>
<td><strong>Themes:</strong></td>
<td>Climate justice, social justice, environmental justice, energy, food systems, transportation, environmental health, workshop facilitation, climate citizenship, climate advocacy</td>
</tr>
<tr>
<td><strong>Type:</strong></td>
<td>Volunteering, workshop facilitation, tours of organizations, workshops, skill building</td>
</tr>
<tr>
<td><strong>Program Length:</strong></td>
<td>6 days during Reading Week</td>
</tr>
<tr>
<td><strong>Mandatory Training Dates:</strong></td>
<td>1.5 hour orientation in the Fall semester (date TBC); one all day Saturday training in early January (date TBC); other required training dates TBD by group</td>
</tr>
<tr>
<td><strong>Time Commitment:</strong></td>
<td><strong>Pre-program:</strong> 16 hours training/group meetings + additional personal preparation <strong>Program:</strong> - approximately 9 hour days (approx. 9am-6pm) x 6 days with multiple evening sessions - commitment includes content learning, preparing and practicing workshops, delivering the workshops, and debriefing <strong>Post-program:</strong> 3 hours post-experience debriefing and sharing <strong>Total: 70+ hours</strong> (not including additional personal preparation and free time)</td>
</tr>
<tr>
<td><strong>Program Fee:</strong></td>
<td>$350, includes: - all meals throughout the program except one breakfast and one dinner - accommodation in Guelph for the duration of the program (note that it is mandatory that participants stay in group accommodations as there will be evening learning activities and team building events throughout the program) - transportation to all community partner organizations and cost of all educational excursions - kitchen facilities and classroom for the duration of the program - fees paid to guest speakers/instructors/facilitators</td>
</tr>
<tr>
<td><strong>Additional Costs:</strong></td>
<td>- breakfast on one day of the program; one dinner during the week; transportation to group accommodations at the beginning/end of program</td>
</tr>
<tr>
<td><strong>Group Size:</strong></td>
<td>12-16 participants and 2 group leaders</td>
</tr>
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</table>
**Guelph: Sexual Health Education**

This Guelph-based program focuses on sexual health and sexual health education through a harm reduction and anti-oppression lens that is sex- and body-positive. Participants will gain knowledge and practice skills necessary to create/adapt and facilitate sexual health education workshops for intermediate and secondary school student audiences and will deliver these workshops on the last two days of the program. Participants will learn about and connect with resources on the campus and in the community related to sexual health. This program will be of particular interest to students who are passionate about developing skills and knowledge related to public health, sexual health, teaching, workshop facilitation, public speaking, counseling, social work, etc.

<table>
<thead>
<tr>
<th>Partners:</th>
<th>HIV/AIDS Resources and Community Health (ARCH), Wellness Education Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Host Community:</td>
<td>Guelph, Ontario</td>
</tr>
<tr>
<td>Themes:</td>
<td>Sexual health education, harm reduction</td>
</tr>
<tr>
<td>Type:</td>
<td>Workshops, volunteering, workshop facilitation with secondary school students</td>
</tr>
<tr>
<td>Program Length:</td>
<td>5 ½ days during Reading Week</td>
</tr>
<tr>
<td>Mandatory Training Dates:</td>
<td>1.5 hour orientation in the Fall semester (date TBC); one all day Saturday training in early January (date TBC); other required training dates TBD by group</td>
</tr>
</tbody>
</table>
| Time Commitment:     | Pre-program: 16 hours training/group meetings + additional personal preparation  
                        Program:  
                        - Sunday session (5 hours)  
                        - approximately 9 hour days (approx. 9am-6pm) x 5 days with 1 evening session  
                        - commitment includes content learning, preparing and practicing workshops, delivering the workshops, and debriefing  
                        Post-program: 3 hours post-experience debriefing and sharing |
| Total: 65+ hours     | (not including additional personal preparation)                          |
| Program Fee          | $200*, includes:  
                        - breakfast and lunch during the week  
                        - educational workshops  
                        - transportation to secondary schools in the Guelph area  
                        *subject to change until all venues and transportation are booked |
| Additional Costs:     | - dinners during the week and meals on Sunday  
                        - personal accommodation (students are expected to stay in their own accommodation for the week)  
                        - personal transportation to/from campus |
| Group Size:          | 12-14 participants and 2 group leaders                                   |
**Chippewas of Nawash, Cape Croker, Ontario**

The Nawash program takes place on the territory of the Chippewas of Nawash Unceded First Nation, near Cape Croker on the Bruce Peninsula. Participants will explore historic and contemporary social justice themes experienced by First Nations communities. Participants will stay with host families and volunteer at community placements for approximately three days. The placements change depending on community needs, but may include a health clinic, a native language centre, an elementary school, and an opportunity to learn on the land with an Elder. There will be opportunities to participate in other community activities depending on timing, such as community celebrations, snowshoeing, or recreational or cultural programming. All students are welcome and encouraged to apply, however, first preference for this program is given to First Nations-identified applicants.

<table>
<thead>
<tr>
<th>Partners:</th>
<th>Chippewas of Nawash Unceded First Nation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Host Community:</td>
<td>Chippewas of Nawash Unceded First Nation near Cape Croker, Ontario</td>
</tr>
<tr>
<td>Themes:</td>
<td>Contemporary First Nations communities</td>
</tr>
<tr>
<td>Type:</td>
<td>Cultural exchange, host families, educational tours, volunteering</td>
</tr>
<tr>
<td>Program Length:</td>
<td>6 days during Reading Week</td>
</tr>
<tr>
<td>Mandatory Training Dates:</td>
<td>1.5 hour orientation in the Fall semester (date TBC); one all day Saturday training in early January (date TBC); other required training dates TBD by group</td>
</tr>
</tbody>
</table>
| Time Commitment: | **Pre-program:** 16 hours training/group meetings + additional personal preparation  
**Program:**  
- 18 hours volunteering  
- 18 hours cultural experiences and community events  
- approximately 6 hours with host families  
- 6 hours debriefing and reflection  
**Post-program:** 3 hours post-experience debriefing and sharing  
**Total: 67+ hours** (not including travel, free time, and additional personal preparation) |
| Program Fee | $420*, includes:  
- all meals during the week**  
- accommodation with host families  
- transportation to/from Guelph and Nawash  
- most group activities  
*subject to change until all accommodations and transportation are booked  
**note that some students with specific dietary needs may be required to prepare personal meals during the week. A stipend will be provided in this case. |
| Additional Costs: | - an up to date Criminal Record and Vulnerable Sector Check  
- spending money |
| Group Size: | ~11 participants and 2-3 group leaders |