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 days of 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

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 a 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
<table>
<thead>
<tr>
<th>Partners:</th>
<th>The Aboriginal Resource Centre; various Indigenous-led organizations; local community members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Additional Costs:</td>
<td>- one meal in Toronto, if you elect to purchase rather than pack it</td>
</tr>
<tr>
<td></td>
<td>- transportation to campus each day</td>
</tr>
<tr>
<td></td>
<td>- participants must provide their own accommodation during the week</td>
</tr>
<tr>
<td>Group Size:</td>
<td>12-15 participants and 1-2 group leaders</td>
</tr>
</tbody>
</table>