

# FOREST CAMP AT SWALLOWDALE CAMP - ROSSEAU, ONTARIO

AGES 7-15 • JUN 28 - AUG 08, 2020



## Connect with nature at Swallowdale!



**SESSIONS LENGTH**  
2, 3 or 4 week sessions  
June 28 - August 08



**INCLUDED EXCURSION:**  
1 full day shopping trip every 2 weeks

## BECOME THE FUTURE OF THE PLANET

New for 2020, CISS is proud to introduce "Forest Camp" at Swallowdale! This option offers campers an opportunity to improve their English fluency through lessons and activities that are designed specifically around environmental themes. Lessons are taught by instructors who are passionate about the future of our planet, providing campers with a more concrete knowledge of the natural world, a greater appreciation for biodiversity, and a more profound respect for indigenous culture. Operating at Swallowdale Camp, students come to appreciate the stunning beauty of the nature that surrounds them, and the cultural distinctions that make up our global community.

### IDEAL CANDIDATE

- Campers of all ages and English ability
- Campers seeking an alternative to General English lessons
- Individuals interested in having hands-on experience with nature

### SCHEDULE HIGHLIGHTS

WEEK 2	MORNING	AFTERNOON	EVENING
S	At leisure	Swallowdale Olympics	Soccer Game
M	Forest Camp + Activity	Activity Periods 4-5 REC Period	Talent Night
T	Forest Camp + Activity	Activity Periods 4-5 REC Period	Campfire
W	----- OPTIONAL: CANADA'S WONDERLAND -----		
T	Forest Camp + Activity	Activity Periods 4-5 REC Period	Survivor Game
F	Forest Camp + Activity	Activity Periods 4-5 REC Period	Karaoke Night
S	Forest Camp + Activity	Activity Periods 4-5 REC Period	Capture the Flag



Swallowdale Camp



Canoeing on Lake Rosseau



Student Residence



In the forest



Playing in the trees



Making Fire

## ACCOMMODATION (SHARED)

- Comfortable residence rooms accommodating 2-8 campers
- Each floor has complete washroom and shower facilities
- Boys and girls are accommodated separately
- Counsellors live in the same residence with campers, providing full supervision
- Bedding and pillow provided
- Weekly laundry service

## FACILITIES

- Large, modern classrooms
- Dining hall
- Student lounges
- Art studio
- Indoor gymnasium
- 53-acre lakefront campus
- Extensive waterfront with all equipment for swimming, canoeing, kayaking, and sailing
- 3 - 4 residence houses
- Large playing fields
- Basketball courts

## MEALS (FULLBOARD)

- 3 meals + evening snack daily
- All meals are served in the camp dining hall and offer a variety of nutritious and well-balanced options.



## PROGRAMME PACKAGE INCLUDES:

- 2 periods (10 hours/weekly) of instructed Forest Camp course + 3 periods of Camp activities.
- Accommodation
- 3 meals daily and evening snack
- Shopping excursion to Huntsville (offered once every 2 weeks)
- Full supervision
- Toronto airport meet and greet + transfer to/from camp
- Emergency medical and dental insurance to \$100,000 CAD
- Laundry service weekly
- CISS T-Shirt and water bottle upon arrival
- CISS certificate upon completion of programme

## MAIN FEATURES



Traditional Camp



Canadian Integration



Shared Rooms



Waterfront Location



Sustainable use of Natural Resources



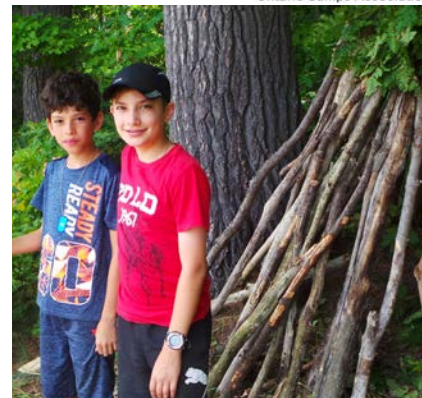
Environmental awareness

## PROGRAMME INFO

### FOREST CAMP

This course is a perfect opportunity for students to learn and appreciate their natural surroundings. Participants explore nature, learn about different plant life and wildlife while consciously considering the global environment and our daily impacts.

- 10 hours of instructed course per week
- 15 hours of camp activities\* per week
- 1 hour = 60 minutes
- All levels of English welcome
- Classes take place outdoors: in forest and fields around the camp (weather permitting)
- Instructors use natural surroundings to help students build confidence, language ability and respect for the environment
- Ideal for students who wish to explore their appreciation of nature



## EXAMPLE OF A TYPICAL DAY

Each day is divided into 5 periods: 3 in the morning and 2 in the afternoon.

Periods	1 09:15 - 10:15	2 10:25 - 11:25	3 11:35 - 12:35	4 14:50 - 15:50	5 16:00 - 17:00
FOREST CAMP					

Instructed Forest Camp course

Instructed Camp Activities

## \*ACTIVITIES

### DAILY INSTRUCTED ACTIVITIES

- Campers select their activities at the beginning of each week
- Activities operate in one-week blocks to ensure solid skill development

### WATER SPORTS

- Canoeing • Kayaking • Sailing • Fishing
- Swimming • Stand Up Paddleboarding (SUP)

### LAND SPORTS

- Archery • Ball Hockey • Fitness
- Outdoor Survival • Soccer • Volleyball

### ARTS & MOVEMENT

- Arts & Crafts • Dance • Drama • Yoga
- Guitar (Beginner) • Woodworking

### RECREATIONAL PERIOD (REC)

On regular camp days, 1 hour is allocated as a recreational period (REC). During REC, a variety of water and land sports & activities are offered. These activities are supervised but are not necessarily instructed.

### EVENING ACTIVITIES

(may include...)

- Campfire • Camp games • Dances
- Overnight Camping • Skit Night
- Sports Challenges • Talent Show

### INCLUDED EXCURSIONS

- Shopping in Huntsville, once every 2 weeks

### OPTIONAL EXCURSIONS

- Niagara Falls
- Canada's Wonderland

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