## Camp Activities

Our Program centers on building holistic strength and enhancing positive self-esteem. Each day participants learn about forest and ocean appreciation, Haida history, and a multitude of cultural activities taught by qualified and experienced camp staff and Haida Elders.

Program activities center on building physical strength and enhancing positive self-esteem. Central to program activities is learning to take care of the rich natural and cultural environment of Haida Gwaii. All participants work together to complete daily tasks like gardening, compost duties, wood gathering, kitchen cleaning up, and garbage disposal.

Hike: There is a six-day hike for the teen participants and a two-day hike for the pre-teens that occurs towards the end of the session; these hikes take participants along the west coast of Haida Gwaii.

Solo: Equipped with only their survival skills, two matches, a sleeping bag, a pot, and a potato, participants who volunteer, spend 24 hours on their own in the wilderness. Solo is a personal challenge. ​

Stone ribs: The Haida legend of Stone ribs is told to all participants at the beginning of camp. Campers vote for the person they feel has shown the qualities of Stone ribs while at camp. This is a camp tradition that participants have respected for decades. To be voted Stone ribs is a recognized honor.

Ceremony Night: Ceremony night is celebrated on the last night of camp. Following the tradition of the Haida Potlatch with feasting, gift-giving, speeches, songs, skits, and dancing that go on into the early morning hours. Participants reluctantly leave the next day.

Wanagun: Participants choose a private spot in the forest or atop a sea cliff where they can be alone with themselves and their natural surroundings. Wanagun is a time for deep inner reflection.

