

Watch for this link to be updated with Somerset School content....

WESTMOUNT SCHOOL COMPLEX

STUDENT GUIDE TO

LEISURE, LEADERSHIP AND EDUCATIONAL

ACTIVITIES

January, 2009 Edition

**Programs and activities are changing constantly.
Check with the guidance office to see if there have been changes.**

**Please let me know if you are aware of any changes to the programs
included in this handbook, or of programs that should be added.**

Debbie Cousin
School Counsellor

AFS INTERCULTURE CANADA

Year long, semester, or summer exchange programs
\$9000 - \$14000 year long and semester
\$5000 - \$7000 summer program
15 -18 years old

Students travel to places like Brazil, Ecuador, France, Japan, Sweden, Switzerland, Australia, Egypt, and United States. They attend school and learn the language and culture of their host country. Students must demonstrate an interest in school and a mature attitude in order to be accepted to the program. www.afscanada.org

ART GALLERY OF SOUTHWESTERN MANITOBA - BRANDON

Kids' classes – 6 – 8 years old
Children's classes - 9-12 years old
Teen classes - 11 years and older
Adult classes
Fees vary

Fall program - Oct-Dec
Winter program - Jan-Mar
Summer program - July-Aug

The Art Gallery offers classes in the following areas: drawing, watercolour and oil painting, clay, pottery, photography, and ceramics. www.agsm.ca

ASSE - INTERNATIONAL STUDENT EXCHANGE PROGRAM

10 month School Year program - \$6000-\$10000 US
6 week Summer Homestay program - \$5000 US
4 week Language Adventure program - \$6500 US
15 - 18 years of age

Exchange programs are available in many countries, such as - Sweden, Italy, Spain, Germany, France, New Zealand, Mexico, and Great Britain. Applicants must be mature enough to adjust to the different values, lifestyle and attitudes of a foreign country, be in good health, have excellent character references, and must have a B average. www.asse.com

BRANDON YMCA

Daily, evening, and weekend programs available in swimming, personal fitness, climbing wall, racquetball, CPR, babysitting, and gymnastics to name a few. There is also a summer day camp. For schedules contact 727-5456. www.ymcabrandon.com

CADETS

no cost - uniforms provided
12 - 19 years old

Cadets programs encourage young people to develop self-discipline, confidence, pride, responsibility and a sense of self-worth. Cadets will meet one night per week and some are selected for summer training courses or the International Exchange Programme. Cadets can be recognized for two high school non-graduating credits.

www.cadets.ca or www.aircadetleague.com

Regional Office - 833-2500 Extensions - Air 6699 Army 6796 Sea 6217

Morden - Air Cadets - 822-3590

Portage - Army Cadets - 857-5831

Brandon - Army Cadets - 729-9133

Brandon – Sea Cadets - 728-3168

Brandon – Air Cadets - 725-4703

Southport – Air Cadets - 428-2546

CAMPS WITH MEANING

\$150 - \$250 per week
6 - 18 years old

Camps are located in Headingley, Boissevain, and Sprague. They offer a variety of outdoor activities as well as bible study. They can be contacted at 204-895-7804 or www.campswithmeaning.org

CANADA WORLD YOUTH EXCHANGE

6 Month program
\$250 plus raise \$2500 in community in exchange for volunteer work
17 - 20 years old

This is an opportunity for young Canadians to learn about international development. Half the time is spent in Canada and the other half in an Asian, African, Latin American, Eastern European, or Caribbean country. During the program the participants are matched with a counterpart from the exchange country, live with families, engage in voluntary work projects and use non-formal education techniques to explore social issues. Canada World Youth is looking for young people who are open-minded, physically capable of hard work and who are interested in learning about other cultures and values. www.canadaworldyouth.org

CANADIAN ARMY RESERVES

16 years of age and older
Paid part-time employment

The Reserves is the voluntary arm of the Canadian Armed Forces. You work a minimum of two weekends per month and there is full-time summer employment available. Reservists can volunteer to serve with the regular forces. You can receive training for jobs, post-secondary education, and aptitude testing. www.forces.gc.ca
Brandon – Brandon Armoury - 728-2559
Winnipeg - Minto Armoury - 786-4300

CARBERRY BIBLE CAMP - SUMMER CAMP

1 week in July or August
\$85
8 - 17 years of age

Carberry Bible Camp is located six miles east of the Carberry Junction on the Trans-Canada Highway. The program features are chapel, bible study, singing, camp fires, swimming, sports, archery, hikes, trailcraft, tenting, horsemanship, handcrafts, and nature lore. Registration is Sundays.

CAREER SYMPOSIUMS

Brandon Keystone Centre - early March
Winnipeg Convention Centre - mid March

Career Symposiums are a tremendous opportunity for assisting students in their important, if not critical, career decision-making, allowing them to speak first-hand with representatives from small business, industry, government and post-secondary institutions.

CENTRAL MANITOBA YOUTH CHOIR

\$235 - application deadline is mid April
Grade 10, 11 or 12 in September

Selected participants will rehearse for two weekends in September and they will tour for one week in October.

www.manitobasings.org

CONTINUING EDUCATION - COLLEGE AND UNIVERSITY PROGRAMS

High School students or adults

Red River Community College, Assiniboine Community College, Brandon University, University of Winnipeg, and University of Manitoba offer a variety of courses during the evenings, on weekends and during the summer. Some of these courses are offered in Morden, Winkler, Carman, and Portage, so it is not always necessary to drive into Winnipeg or Brandon. And, there are lots of on-line programs. The programs range from credit courses to use towards a certificate or a diploma to classes to learn something new.

COOPERATIVE YOUTH LEADERSHIP SEMINARS

1 Weekend in October, Riding Mountain Conference Centre, Clear Lake, MB
no fee - sponsorship from a cooperative that pays the \$275 registration fee
15 - 18 years old

Participants have 3 1/2 days of unique group activities, leadership exercises and outdoor fun. You will have the opportunity to socialize and make lasting friendships with others from across the province. The seminars encourage participants to play an active role in their leadership development process. Educational topics covered include: communication skills, values discussions, working effectively in a group setting, cooperation and cooperatives, global development issues, cross cultural communication, community development, racism, and the leadership development process. Each participant who wishes to attend must find a local co-op sponsor. The Westoba Credit Union and Pembina Co-op have been sponsors in the past. www.manitoba.coop

DEEP RIVER SCIENCE ACADEMY

6 Weeks - late June to early August - Petawawa, ON;
\$5200 - application deadline early March (some scholarships available)
15 - 18 years old

Deep River Science Academy introduces bright, capable high school students from across Canada to the real world of science and engineering. For six weeks, scientifically inclined students are put into projects that are part of current research underway at a major Canadian lab. In recent summers, students have worked on a wide variety of leading-edge projects, from genetic engineering to sub-atomic particle accelerators, and from robotics to environmental science. www.drsa.ca

DUKE OF EDINBURGH'S AWARD IN CANADA

14 - 25 years old

This is a non-competitive achievement oriented program for all young people who voluntarily with the support of a leader agree to pursue activities in their leisure time that will lead to their qualifying for awards of recognition. Each individual is assessed on their progress toward the goals they have set within four areas: Service to Community, Skills Development, Physical Fitness and Expedition or Explorations. This prestigious achievement award is a challenge from Prince Philip to all young Canadians. www.dukeofed.org

EF FOUNDATION - HIGH SCHOOL ABROAD

One year or one semester
\$7000 - \$12000
14 - 18 years old

If your average is above 70%, you may want to go to school in France, Germany, Australia, New Zealand, or USA. EF students begin with an orientation session when they arrive in their chosen country before they go to their host families. While on exchange, you also have an opportunity to travel and discover your new country. www.ef.com

EF INTERNATIONAL LANGUAGE SCHOOLS

2 week up to 52 week programs available
prices vary with country and length of program
16 years and older

Language courses are available in France, Italy, Spain, and Germany. Courses begin every two weeks so you can choose when you are free. You can either stay with a host family or stay in residence. www.ef.com

ENCOUNTERS WITH CANADA

One week
\$625 which can be subsidized through sponsorship
14 - 17 years old

Encounters with Canada is a one-week program of Canadian studies held at the Terry Fox Canadian Youth Centre in Ottawa. The objectives of the program are to bring together young Canadians from different backgrounds and regions and to give them an opportunity to learn about one another, to discover their country through each other, and to gain a better understanding of Canadian institutions. The program week is divided into two parts. The first part of the week is centred on Canadian Institutions and includes visits to Parliament and the Senate, as well as a guided tour of the National Capital Region. The second part of the week is organized around one of eight sub-themes: Arts and Culture, Business and Entrepreneurship, Canada Remembers, Ecology & Environment, International Affairs, Journalism and Communications, Law, Medicine & Health, Politics in Canada, RCMP, Science and Technology, and Sports and Fitness. Students gain hands-on experience through participation in group discussions and simulations, audio visual presentations and role playing. Activities also include special speaker presentation, theme-related visits and guided tours.

www.encounters-rencontres.ca

ENRICHMENT MINI-COURSE PROGRAM - UNIVERSITY OF WINNIPEG

One week, end of April
\$120, which can be subsidized through sponsorship
Grade 9 - 12 students

This is an exciting learning experience for gifted secondary students. Students will attend The University of Winnipeg to study one course in-depth for twenty-five hours. Students must make their own accommodation arrangements. There are about 30 courses that are taught by faculty members. Some of the courses are microbiology, database systems, microcomputers, rhetoric of rock music, minerals and fossils in Manitoba, German, astronomy, internet, crime and justice, and theatrical make-up.

EXPLORE PROGRAM – CONVERSATIONAL FRENCH COURSE

5 weeks – end of June to end of July
\$2400 - bursaries are available
Grade 12 or university student
Deadline – February 28

This is a five-week intensive French immersion program held at College universitaire de Saint-Boniface in Winnipeg which attracts student from across Canada. Students live in residence. Levels of instruction include beginner, intermediate and advanced. Socio-cultural programming includes concerts, films, festivals, dances, sports, and guided tours. www.cusb.ca/cusb/explore

FORUM FOR YOUNG CANADIANS

One week during March or April - application deadline mid November

\$820 which can be subsidized through sponsors and bursaries

15 - 19 years old - students who are responsible, potential leaders, maintain sound academic performance, and are interested in current affairs

This is the only national program for high school students devoted exclusively to the study of government processes in Canada, with some recreational activities added. There are also sessions to explore relationships between the government and the press, citizens' groups, business and labour. Its goal is not only to educate young people about Canadian government but to promote informed understanding among youth from all parts of Canada. Most of the seminars and simulations are held on Parliament Hill. www.forum.ca

GIRLS EXPLORING NEW TRADES & TECHNOLOGY

3 camps held in July at Red River College in Winnipeg

application process, no cost

12 to 14 years old

Deadline – mid June

This is a summer camp with projects to introduce girls to a variety of possible career futures. They will meet other women who work in trades and technology and get to use power tools to build a Go-cart. www.rrc.mb.ca/tec

HUNTER'S SAFETY (MANITOBA HUNTER EDUCATION COURSE)

12 years and older

For information on where and when courses are being offered contact the course coordinator in Winnipeg at 633-4868. www.mwf.mb.ca

INTERCHANGE ON CANADIAN STUDIES

One week in early May

Approx \$600

Grade 11 student

School Divisions are selected on a rotational basis to participate in this exchange program. The student goes to the host city for one week and is billeted with a host family. During the summer, the student's family agrees to host a student from the host city. The purpose of the program is to facilitate and increase the students' knowledge of Canada and to promote understanding and tolerance on the part of young Canadians toward others. Students should be strong academically, outgoing, effective communicators, and proficient in social skills. www.ics.ca

INTERNATIONAL AEROSPACE CAMP – UND – GRAND FORKS, ND

One week in June or one week in July

\$1200 (US)

grade 11 or 12 students

A Summer Camp Like No Other

The University of North Dakota's International Aerospace Camp is a full week of aviation adventure! This "college seminar" is similar to attending a week of actual college. Additionally, what makes this seminar unique is the amount of flight training each student receives. We are very interested in students who truly want to experience collegiate aviation. <http://studentservices.aero.und.edu>

INTERNATIONAL AGRICULTURAL EXCHANGE ASSOCIATION

4 month - 13 month programs
Cost varies
18 - 30 years old

I.A.E.A. is an organization that specializes in sending young people to work on host farms in Denmark, Germany, Norway, Sweden, Japan, New Zealand, Australia, and United Kingdom. They must have practical experience in agriculture, horticulture, or home management. They have a chance to broaden their knowledge and get an appreciation of different farming methods and culture. Trainees pay their own way to go on the programs offered and are paid a monthly wage. This is a working-holiday experience. Trainees live and work with the host family, learning and living their culture, and receive holiday time. www.agrventure.com

INTERNATIONAL MUSIC CAMP

one week summer camps
open to almost all ages
fee – up to \$315

Programs in music, garage band, drama, digital photography, choir, dance, scrapbooking, band, art, and cheerleading are offered at the International Peace Gardens. www.internationalmusiccamp.com

INTERNATIONAL RURAL EXCHANGE

3 - 13 months
19 - 28 years old

International Rural Exchange provides a combination of work-study programs in Sweden, Denmark, Switzerland, Australia, Canada and the USA. Programs are designed to give young adults the opportunity to learn about the agriculture, agri-business and culture of other countries while working and living with host families. Participants are paid a monthly salary and receive an unpaid vacation. www.irecanada.ca

KATIMAVIK

Nine month program
17 to 21 years old

Katimivik is a nine-month program for young people who want to make a difference and try something new. Live in three different provinces with a group of ten other people your age from across the country. Explore new and different work environments while making a hands-on contribution to your host communities. You generally put in 35 hours a week of volunteer work for non-profit organizations. You pay for your medical exam, criminal record check and the insurance you'll need during the program. The program will pay for your transportation, food and lodging, as well as any program-related activities. You'll also get a daily allowance of \$3 and a bursary of \$1000 when you complete the program. www.katimavik.org

LANGUAGE CREDIT OPTION

Manitoba high school students may claim special credit for languages in which they are competent. Some of the languages eligible for graduation credit are American Sign Language, Italian, Spanish, Ukrainian, Dutch, German, Icelandic, and Native Languages. Examinations are required.

LEGION ATHLETIC CAMP

1 week from mid July - mid August, depending on sport
\$429 (equestrian \$489)
Grade 2 to 12, not all activities available for all ages

Instead of laying around the house, why not spend a week at a Legion Sports Camp. You'll have a blast playing your favourite sport, and meeting new friends as well. Located on the border between Canada and the United States, the Legion Athletic Camp is one of Canada's premiere sport camps. Boasting beautiful scenery and a modern sport complex--complete with gyms, dorms, halls, and athletic fields--the Legion Athletic Camp offers the ultimate summer experience. Programs are offered in the following sports: basketball, elementary sport, equestrian, fishing, football, gymnastics, judo, rhythmic gymnastics, sailing, soccer, track & field, volleyball, and wilderness. www.legionathleticcamp.com

LIFESAVING PROGRAMS

Information on upcoming courses in standard first aid, adult or child CPR, or First Responder programs can be obtained by contacting the Red Cross, St. John's Ambulance, or Manitoba Heart & Stroke Foundation.

MANITOBA HOLIDAY FESTIVAL OF THE ARTS - NEEPAWA

1 week, early to mid July, also a weekend program
\$55 - \$100
Pre-school, children, youth, and adult classes

Courses are offered in the following disciplines: drawing, painting, music, clay, dancing, singing, basketry, wood, plastic, photography, watercolor, video production, stained glass, clowning, leather, quilting, wheat weaving, and calligraphy. Bed and breakfast is available. www.mts.net/~mhfa/

MANITOBA-QUEBEC SIX-MONTH STUDENT EXCHANGE PROGRAM

Gr. 10 or 11 in September
Cost – some airfare and living expenses
Deadline – March 1

The exchange program is offered to students enrolled in the French Immersion programs or taking Basic French courses. Each student accepted in the program will be paired with a Quebec student for a six-month period: three months in Manitoba and three months in Quebec. This is a great opportunity for Manitoba students to improve their French language skills and discover a new culture. www.edu.gov.mb.ca/ks4/cur/sep.html

MANITOBA SCIENCE ACADEMY

July 2 – August 10
\$3950, bursaries available
15 – 18 years old

The Manitoba Science Academy provides a six-week program for high school students. The program introduces students to hands-on research and encourages them to pursue careers in science and engineering. The campus is located at Pinawa, Manitoba. Students do 235 hours of course related studies and hands-on research and they can receive two grade 12 science credits. Students also take part in recreational activities and stay in residence. www.msawhiteshell.com

MB4YOUTH

CONNECTING YOUTH TO SERVICES AND PROGRAMS OFFERED BY THE GOVERNMENT OF MANITOBA

Youth up to age 29

Find over 200 programs and services on the website. Check out the link to the newsletter. Scholarships – applying for Manitoba government summer jobs – healthy living – money management – volunteer opportunities – college/university information – career information – and a whole lot more

www.mb4youth.ca

MINI-UNIVERSITY - BRANDON UNIVERSITY

July – August, 6 one-week sessions

\$160

5 - 16 years old

Mini-University is a summer program designed to introduce youth to the university environment through participation in a wide variety of academic subjects and recreational activities at age-appropriate levels. Course offerings include: sports camps, movie making, musical theatre, guitar, robotics, fine arts, computer, humanities, and science. Supervised residence program is available. www.brandonu.ca/miniu

MINI-UNIVERSITY AND SPORTS CAMPS - UNIVERSITY OF MANITOBA

1 and 2 week sessions during July and August, also a Spring Break camp

Cost varies, depending on length and program

4 - 16 years old, depending on program

The University of Manitoba offers children the opportunity to develop sport skills and develop their unique talents through Mini-University and Sports Camps. These unique programs are designed to give participants hands-on experience and valuable training in an exciting university setting. Mini-University offers aquatic, special interest, sports, and ice camps. www.umanitoba.ca/faculties/kinrec/bsal/miniu

NACEL CANADA INC. - EXCHANGE PROGRAM

Semester or year programs

\$8000 - 15000

15 - 17 years old, depending on program

NACEL has linguistic and cultural programs in Brazil, France, Germany, Japan, Mexico, Spain, or USA. You could choose from a Paris Language Camp, a German Soccer Camp, a Tour of Madrid, or other exciting programs. Students must be mature, and flexible to adapt to their host family and its way of life, and in some cases have previous language training. www.nacel.ca/en

OPEN HOUSES - COLLEGE & UNIVERSITY

There is no better way to see if a college or university offers a regular, part-time, or special interest program for you than to visit the facility. Colleges and universities don't just offer their certificate, diploma, or degree programs; they also have many interesting options available through their continuing education divisions.

Brandon University - early May

University of Winnipeg - mid February

University of Manitoba - mid February

Assiniboine Community College – dates N/A

Red River Community College - mid February

Winnipeg Technical College – mid February

PAGE PROGRAMME - HOUSE OF COMMONS

One year

Grade 12, application deadline early December

House of Commons Pages are selected from high schools and CEGEPs across Canada every year. They serve the House of Commons while beginning their studies at Carleton University or The University of Ottawa. Pages play a key role in the communication network on Parliament Hill. Delivering important messages and research paper to Members, linking Members to their Hill offices and serving House officials in various capacities, House of Commons Pages are always on the go. Professional, prompt and efficient service has become a hallmark of the House of Commons Page Programme. Pages will work a minimum of 15 hours a week and their work schedule will be coordinated with their university schedule. They will be paid a salary of about \$11000 for the year. Candidates must have an overall academic average of at least 80%, have a superior knowledge of both official languages, and be accepted to university in the national Capital Region. www.parl.gc.ca/hocpage

PEMBINA VALLEY CAMP

\$200 - \$300 per week

9 to 17 years old

Horsemanship Camps - Drama Camp - Teen's Camp - Junior Camps

Enjoy horseback riding, archery, rock climbing, inner tubing down the river, mountain bike camp, sports camp, survivor camp, canoe camp, or creative arts camp. For more information call 246-2008, Darlingford.

www.pembinavalleybiblecamp.com

RECREATION DISTRICTS

R.M. OF LORNE - Debbie Rondeau - 744-2360, Somerset

TIGER HILLS - Holly Stanton - 723-2011, Treherne

The recreation districts coordinate a wide variety of activities. There are activities for people of all ages. The local newspapers will advertise upcoming events, however, if there is something you want to see happen contact one of the area offices. The activities include: trips to Belcourt (casino), trips to Folklorama, trips to Rainbow Stage, health smart cooking, CPR, EFA, coaches clinics, umpires clinics, baseball skills, craft classes, yoga, and computer classes--just to name a few.

ROCK LAKE UNITED CHURCH CAMP - ROCK LAKE, MB

One week in July or August

7 - 8 years, \$65

9 - 12 years, \$125

13 - 15 years, \$130

Rock Lake United Church Camp provides an environment in which a Christian sharing of outlook and lifestyle can be experienced through relating to creation as well as with fellow campers. The camp has seven cabins with modern showers and washrooms. Camper will experience swimming, volleyball, baseball, canoeing, campfires, crafts and archery.

ROYAL WINNIPEG BALLET SCHOOL

Gr. 6 to adult

The RWB offers courses in its academic program during September to June as well as a summer session. Courses offered in the professional division are recognized as high school credits. www.rwbschool.com

SENATE PAGE PROGRAM

Application deadline – mid December of grade 12 year

A page ensures that all members of the Senate have the necessary documents, files and stationery in their Senate desk; attends to Senators' requirements during a Senate sitting; acts as messenger in and out of the Chamber and, performs other related duties. Candidates must be full-time students enrolled in an Ottawa area university (U of Ottawa, Carleton U) and be able to communicate in English and French. Pages must arrange their university schedule around their hours of work. Pages work a minimum of 500 hours and are paid \$11000 for the year.

www.parl.gc.ca/information/about/programs/senpages/senpages-e.htm

SHAD VALLEY

4 weeks in July, application deadline early December

\$2500, scholarships are available

Grade 10 to 12 students

Shad Valley is an exciting summer program designed especially for top students in grades 10 and 12. This program is offered at these universities - UBC, Calgary, Carleton, New Brunswick, Waterloo, Dalhousie, Lakehead, McMaster, Memorial, Queens, and Trent. Shad Valley focuses on excellence, science and technology, and entrepreneurship. Shad will help you to discover the real you and your true potential. Shad includes lectures, workshops, recreational activities, project time, and guest speakers. Shad is fun, but it is hard work. You'll work harder at Shad than you've ever worked before. Shads are committed for the entire four weeks - that includes weekends. www.shad.ca

SPACE CAMP - HUNTSVILLE, ALABAMA

9 - 18 years old

The space camp is to promote the advancement of all mankind through international cooperation in space science education. The program will focus on hands-on training utilizing shuttle and space station simulators, astronaut training devices, and a tour of the NASA's Marshall Space Flight Centre. www.spacecamp.com

SPACE WEST (CANADIAN SPACE AGENCY)

Grade 5 to 10 students

Space West offers a competition as well as summer camps. The summer camps are held in Saskatoon, SK. There is an essay required for the competition and the winner will spend one week in Houston, TX at NASA's Johnson Space Center with a Canadian space Agency astronaut. Phone: 306-374-1395, Saskatoon, SK

SPECIAL OLYMPICS (MANITOBA)

Volunteer opportunities - there are 96 clubs operating in Manitoba.

The closest clubs are in Winkler, Altona, Portage, Morden, and Carman. Manitoba Special Olympics offers programs and sporting competitions for athletes with a mental disability. Training will be provided to new volunteers. Your commitment is 1 1/2 hours per week.

STUDENT TRAVEL SCHOOLS

14 - 18 years old, 65%+ academic average

5 or 10 month programs

Spend a high school year in Europe, Australia, New Zealand, China, Mexico, South America, or USA. Going on exchange offers students the chance to gain international experience, become fluent in a second language, and learn how to look after themselves away from home. www.stswestern.ca

SUMMER SCHOOL - HIGH SCHOOL

July - early August, courses are offered in Winnipeg, Killarney, and on-line
\$200 approx.

Summer school courses are offered to students who were unsuccessful in a course at their home high school, to students who wish to upgrade their mark, or to students who wish to take a course for the first time. Courses are about 3 weeks long, but vary between schools.

S.W.A.P - THE STUDENT WORK ABROAD PROGRAMME

Program lengths vary

Registration fee – approx. \$500, plus pay for travel

Students aged 18 - 30, some programs have no age limit

SWAP is a great and affordable way to live in a foreign country that you might otherwise not be able to visit. A SWAP working holiday allows you to travel, live, and work in any one of the eleven SWAP destinations. (Britain, Ireland, Finland, Netherlands, France, Germany, Australia, New Zealand, Jamaica, Japan, USA) With international work experience on your resume, you portray yourself as a self-starter with experience of the world outside of Canadian borders. This experience is becoming increasingly important as communications technology and economic relations are developing into a more global system. At your destination, SWAP will help you conduct your accommodation and employment searches. www.swap.ca

TEC @ RRC

One week in July

\$125

11 to 13 year olds

There are three camps available – civil engineering, electronics engineering, and mechanical engineering. The program offers hands-on technology activities and demonstrations for girls and boys aged 11 - 13. www.rrc.ca/tec

UNITED WORLD COLLEGES

two-year program started in Grade 12

application deadline - early February

United World Colleges aim to make education a force to unite nations and people in ways suited to the needs of our changing time, by developing a chain of international schools throughout the world. United World Colleges offer young men and women of all races, creeds and political persuasions the opportunity of developing international understanding through a program which combine high quality academic study with activities which encourage a sense of adventure and social responsibility. To meet these criteria, substantial scholarship support is provided. Selection is competitive, being based on the candidate's academic potential, personal qualities, and commitment to the aims of the United World Colleges. There are 12 United World Colleges around the world: Wales, Singapore, USA (Montesuma, New Mexico), Canada (Victoria, BC), Swaziland, Italy, Venezuela, Norway, Hong Kong, India, Bosnia, and Costa Rica. The Colleges are residential and co-educational, and prepare students for the International Baccalaureate, a two-year program, successful completion of which generally entitles a student to enter the second year of a college or university in North America. www.uwc.org

VOLUNTEERING

There are many opportunities for volunteer activities in our area. Volunteering can give you a sense of self-worth, can expose you to new situations, can give you valuable resume data, can open up career opportunities, or it can give you an enjoyable activity in your leisure time. There is even a Premier's Volunteer Service Award that you could be nominated for. And, for post-secondary students there is a scholarship worth \$500 (Youth Serves Manitoba Bursary) for completing 100 hours of volunteer service. Some volunteer activities are:

- Candystripping at Treherne, Swan Lake, or Pilot Mound (non-graduating credit)
- Camp counsellor at Rock Lake United Church Camp
- Meals on Wheels from Swan Lake Hospital
- Fire Department (18 years old)
- Ambulance attendant (18 years old)
- Lorne Community Support Service for Seniors
- or volunteer for the many service organizations

Check out www.myvop.ca for volunteer opportunities in Manitoba.

WILLING WORKERS ON ORGANIC FARMS (WWOOFERS)

Willing Workers on Organic Farms is based in Nelson, BC. It is a registry of organic farms in Canada and other countries that are willing to provide room and board in exchange for labour. Students make their own arrangements with the growers. For some, it is a cheap and interesting way to travel; for others, it is a chance to gain valuable practical knowledge of organic farming. www.woof.ca

WINNIPEG ART GALLERY

Classes are offered in four sessions: spring, summer, fall, and winter. There are classes for children, teens, and adults. Many classes are offered after school, on Saturdays, or in the evening. Examples of classes are: drawing, painting, watercolour, sculpture, pottery, photography, cartooning, and clayworks. www.wag.mb.ca

YETII – YOUTH EDUCATION THEMSELVES ON INTERNATIONAL ISSUES

Conference held in May at Brandon University

Registration fee - n/a

15 - 20 years old

This is a conference organized by the youth committee of the Marquis Project. Topics evolve around celebrating culture. A common thread of all these seminars has been the warmth and friendship developed among delegates and presenters. Further information is available from The Marquis Project in Brandon, 727-5675.

www.marquisproject.com

YOUTH PARLIAMENT OF MANITOBA

Winter session - Dec 26 - Dec 30, application deadline is early December

Spring session – May 9 – 11, application deadline n/a

\$105

16 - 20 years old

The winter session is held at the Manitoba Legislature in Winnipeg and the spring session is held at Brandon University in Brandon. The formal component of Youth Parliament consists of eleven sittings (debating periods) which will be held in the Manitoba Legislative Assembly Chambers. In these sittings members will debate legislation presented by our four ministries: the Ministry of Canadian Affairs, the Ministry of External Affairs, the Ministry of Culture and Heritage, and the Ministry of Provincial Affairs. Members will also be encouraged to write and present legislation in the form of a Private Members Resolution on topics that are of interest or concern to them. Participants will have a chance to meet politicians and other dignitaries in the Legislature and at three luncheons, generously provided by the political parties. All members will stay at Kelvin High School in Winnipeg

and at McMaster Hall Residence at BU in Brandon. www.ypmanitoba.com

ZOOLOGICAL SOCIETY OF MANITOBA

spring, summer and winter camps

costs vary

3 - 12 years old

The Zoological Society offers camps at the Assiniboine Park Zoo where participants will learn about the animals and zoo keeping. www.zoosociety.com