

## **Kandalore Outdoor Education Centre: Pre-Arrival Program Resource**

You have decided to bring your students to Kandalore!! For some of you this will be your first visit, for others, you may have spent more time at Kandalore than some of our OEC staff! We have compiled some resources for both newcomers to the program and seasoned veterans with the aim of extending the Kandalore experience beyond the 3 or 4 day visit. The following list of pre-arrival activities may be used to prepare your students for their outdoor education experience.

### ***Journals***

Have the students create a journal for their trip and encourage students to be creative in making the book their own. Perhaps the supervisors can collect them at the end of the trip or allow the students to keep them as personal diaries.

There is an excellent resource titled *Point release: Strategies for successful journal writing*, written by Cross, Millard and Dent. This paper can be found in *Pathways: The Ontario Journal of Outdoor Educators*, Winter 2005, Volume 18(1), pp 4-16. The article outlines the importance of transferring knowledge from wilderness based learning to our daily lives and how to facilitate journal writing as a tool in this transfer.

### ***Goal Setting***

Encourage the participants set goals for their outdoor education experience. They may choose to make goals in several areas; the activities, making new friends, trying something new or outside of their comfort zone, eating new foods, living with their peers, etc. Ask the students to make personal goals as well as goals for the entire group. Ensure that students have time to consider what they would like to learn, as individuals and as a group, from their Kandalore experience.

*Some ideas for having fun while setting goals:*

- ✓ Have the participants write themselves a letter outlining their goals. Collect and seal the letters and return them to the participants following the trip.
- ✓ Identify and discuss group goals and develop strategies to achieve them.
- ✓ Design a group achievement board with set goals. Perhaps the group as a whole would like to complete 50 kms of cross country skiing? Perhaps being on time for every meal is a group goal? Making one new friend or including others could be another goal. The options are limitless.

### ***Create a Video, Booklet, or Collage***

Put your students in charge of organizing some sort of memory book, collage, video, or dramatization. Have the students organize ahead of time, collectively or in small groups, to decide on what kind of materials they will need to bring to camp in order to put their project together when they return.

### ***Study Kandalore's Geography and Local Wildlife***

Encourage your students to learn as much as they can about the mammals, amphibians, and birds local to Kandalore so they can look for evidence of the wildlife

while they are at camp. Learning about their tracks, their food, their behaviours, and their habitats prior to your visit will allow the students to apply and share their knowledge while on a nature hike or while moving around the site. Photographs can be taken back to school and shared with the entire class following your visit.

*Mammals that live around Kandalore include:* Deer, Fox, Otter, Black Bear, Muskrat, Martens, Wolf, moose, Raccoon, and Beaver.

*Common birds seen at Kandalore include:* Loon, Ruffed Grouse, Heron, Palliated Woodpecker, Barred Owl, Eagles, Blue Jays, Humming Birds, and Mallard Ducks.

#### *Geological Information:*

- Geological Region: Canadian Shield
- Prevalent Features of the Shield around Kandalore: Exposed rock (old igneous and metamorphic) and low soil depths
- Rocks in this area were formed 950 million years ago!!
- Interesting Geological Sites at Kandalore: 'Pegmatite' our camp lookout onto Lake Kushog:
  - *About 1.7 billion to 950 millions years ago, two separate events occurred which metamorphosed and transformed the rock around Kandalore. First, metamorphic pressures and temperatures subsided, cooling rocks and creating fractures (just as ice cracks when it forms) called 'joints' within the newly formed rock. These newly formed rocks were composed of meta-intrusive (metamorphic rock originating from within the earth) gray gneiss. Following this, the joints filled with molten igneous fluids that contained water-rich material that cooled slowly to form large crystals. The term pegmatite refers to the large crystal size of the quartz (white) and feldspar (pink) and other minerals that are found within the rock.*
  - *About 10 thousand years ago, the last glaciers receded from the area around Kandalore. Not only did these massive ice sheets carve rocks and the landscape, but they left behind scatterings of boulders and rubble and are responsible for many of the area's precious fresh water lakes and rivers.*

# Pre-Arrival Information Form (One)

## IMPORTANT:

*Please complete and send this form to Kandalore two weeks before your scheduled visit:*

**By email:**  
oec@kandalore.com

**By fax:**  
(705) 489-4581

*In order for us to plan for your visit and to work with you to determine your cabin and activity groups, we require the following information:*

### ✧ Contact Information:

School name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Teacher/Administrator Contact: \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_ Fax #: \_\_\_\_\_

### ✧ Visitor Information:

Total number of students expected to attend: \_\_\_\_\_

Number of Females: \_\_\_\_\_ Number of Males: \_\_\_\_\_

Total number of supervisors/teachers expected to attend: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Night Patrol (additional \$60.00 per night) Yes or No (please circle)

# Pre-Arrival Information Form (Two)

## IMPORTANT:

*Please complete and send this form to Kandalore one week before your scheduled visit:*

**By email:**  
**oec@kandalore.com**

**By fax:**  
**(705) 489-4581**

*Providing the information below will assist us in offering safe, inclusive, and quality outdoor education programs.*

- ✧ School name:
- ✧ Names of the students who have *medical* concerns and/or *dietary* needs and a brief description of what their concern/need entails (eg. vegetarian, allergies, diabetes, etc.). This information is very important to us and it allows our program staff and kitchen staff to prepare for such needs in advance.

Student Name:	Medical or Dietary Needs: