



# Impact Report

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# 2022







**Project Canoe's programs create a foundation for deep personal discovery, strong social connections, and reverence for the outdoor world.**

2022 was another big year for Project Canoe. This summer we returned to offering urban day programs in Toronto, on top of our usual overnight canoe trips. We completed the first year of our pilot program Local Explorers. We hosted a WAFSA course in Toronto which gave our staff and other folks easier access to a required and important certification for working in the outdoors. We hired three previous Project Canoe youth as staff in Trip Leader roles. We built a staff team full of compassion, gratitude and community building skills. As always, we did this all while having a whole lot of fun!

**Our 2022 Impact Report looks at this years program statistics, youth experiences, staff observations and what the future holds.**

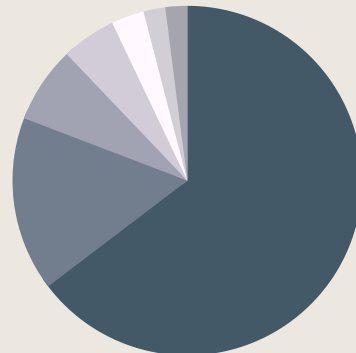
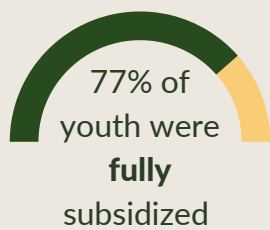
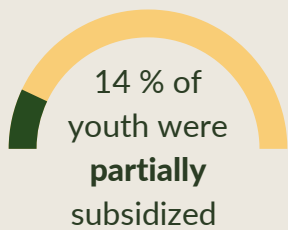




# Summer Program Statistics



**91%** of youth were subsidized in some way by Project Canoe, referral agencies and partnering organizations



**64%** of youth found out about Project Canoe through another community organization or centre

# Youth Experience



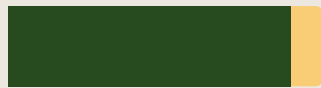
**94%** agreed they made new friends



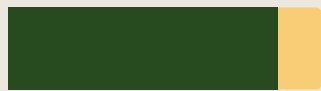
**82%** agreed they increased their teamwork skills



**78%** agreed they increased their self-confidence



**90%** agreed they learned a new skill



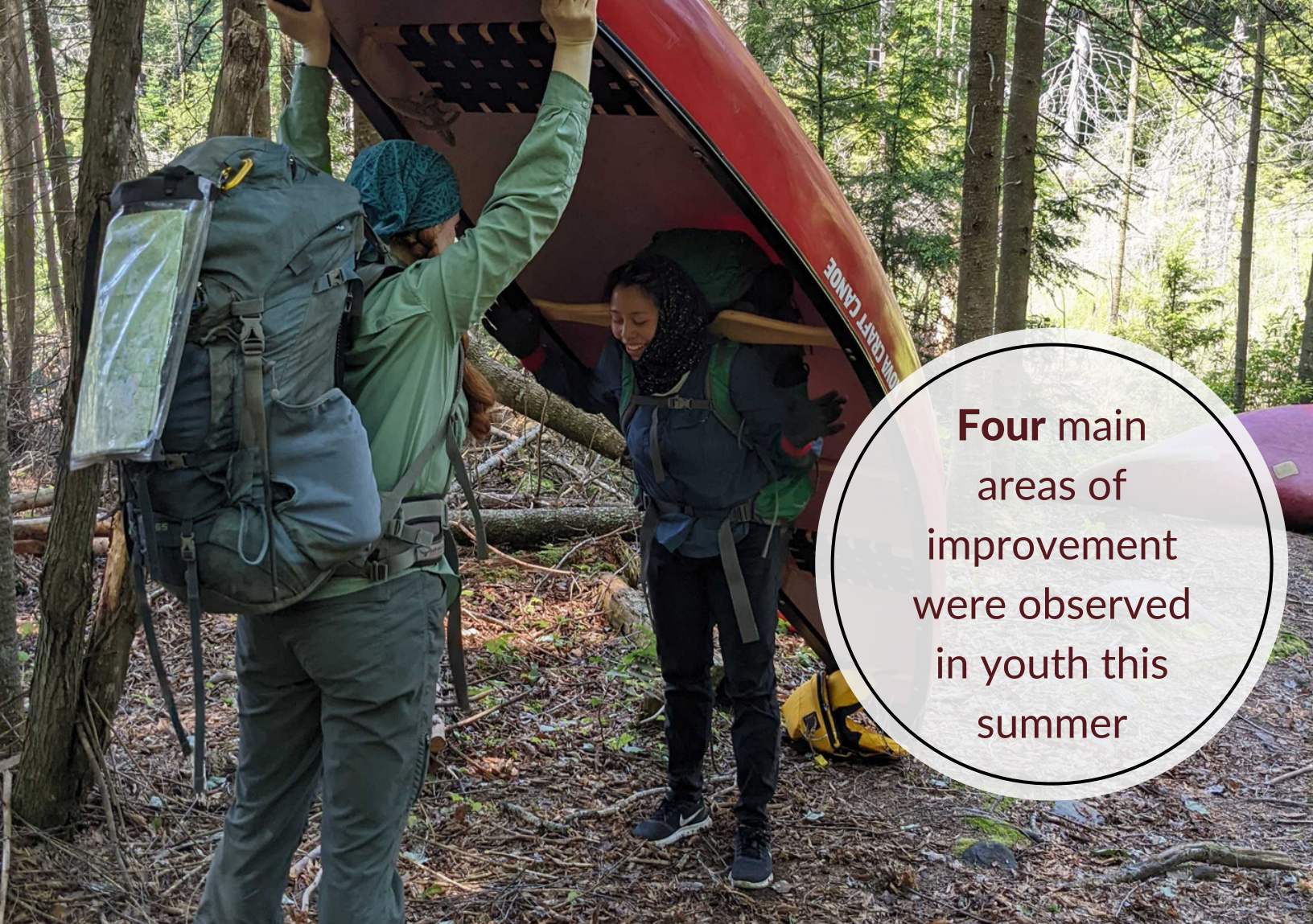
**86%** agreed they gained a new respect for the environment

**90%** of youth would recommend a canoe trip to others



7 out of 10 youth said they wanted to come on a canoe trip to meet new people or spend time in nature





**Four** main areas of improvement were observed in youth this summer

## Staff Observations

Adapting to change or set backs

Self esteem, feeling good about self

Social competence, connecting and relating to peers

Having a sense of purpose and hope



# Youth's Stories



**How will you use what you learned on this trip in your everyday life?**

"I'm going to use it to remind myself to be more grateful for how I live when I start taking things for granted "

"I will be more willing to work in team and try to trust the teammates more"

"Being more aware of my effect on the environment, researching more on indigenous culture to further my understanding "

"I learned a LOT about portaging and teamwork, I think I can use these skills again. I also majorly increased my self-confidence"

"Making friends and not being shy in who I am"

## What was your favourite part of the trip?

"My favourite part of the trip was getting to know more people and looking at the stars at night"

"Our conversations and seeing all of the animals and the storm under the tarp"

"wandering the islands & campsites in search of firewood because I was able to learn my surroundings while peacefully enjoying nature"

"Sleeping, sterner and getting to talk and relate to everything with everyone"

"All our laughs and singing on our paddles"





# A word from our Executive Director, Sascha Ellis

As Executive Director, I don't always get the privilege of connecting with our youth daily. When I do it's always fun to chat with them, hear their stories from trip and celebrate their accomplishments.

This summer I had the privilege of meeting up with a group returning from a 5-day trip at Canoe Lake. They were tired, sick of bugs and ready to take a hot shower at home. For the first part of the conversation, we chatted all about these challenges and more.

Then I asked, "What are you most proud about at the end of this trip?" After some thought, one youth then excitedly blurted out "The canoe roll thing! I did the canoe roll thing! I didn't think I could do it, but I did! And then I walked...portaged with it!" Very quickly, another youth said "I cooked over a fire! That was so cool" Another chimed in "The first night my tent was hot and full of bugs. I wanted to go home." They paused momentarily, their face changed from deep thought to that of pride and happiness. "But I didn't." they continued. "I pushed through, used my friends and the staff for support and I did it. I completed the trip. I didn't think I could, but I did."

To me, that youth's statement perfectly sums up what our programs do. We encourage youth to experience the outdoors, help them build communities that support each other, discover skills and abilities they have inside themselves all while celebrating each step along the way.

"I learned that I am a lot stronger than I think"  
- participant





# Year Round Spotlight

## Local Explorers

12 in-person & virtual activities throughout the year

Culminated with 2 canoe trips



## Outdoors Club

1 activity a month for youth to get outside and connect to nature all year round



## Youth Leadership Circle

8 Virtual leadership & community building sessions











# Future Goals & Direction

Increase youth engagement through a Youth Council

**Offer more year round programs for youth**

Expand our full-time leadership team to include 2 new positions

Set up a year round program space & basecamp

In the fall of 2021 we started a strategic planning process to discover where we would like to grow, set some future goals and reimagine our vision. As we continue through this process here is a peak into our direction over the next five years.





# project canoe

Thank you to every one who  
has supported our programs  
this year!



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