




Project Canoe Evaluation Summary

2021 Programs



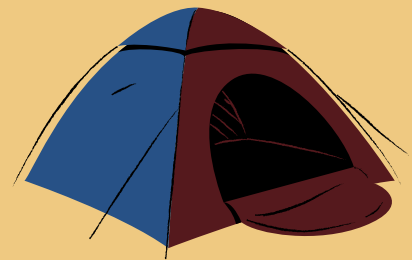
This year we had a successful return to our summer canoe trips, after our 2020 program pause due to the pandemic. While we served less youth than we normally would due to our COVID-19 safety plan, we were ecstatic to be able to provide even the smallest amount of outdoor programming once again! A huge highlight this year was our expansion of program offerings to include two new year-round programs. This was done in order to better serve our youth outside of the summer months. Check out our evaluation summary to see the impact our programs had in 2021, as well as a window into how our year-round programs are doing.





Program Statistics

2021 Program Totals



11 canoe trips

Five, ten and fourteen day trips in Algonquin Park



2 new year-round programs

Local Explorers & a virtual leadership group



75 youth served

Across urban, virtual and wilderness programs

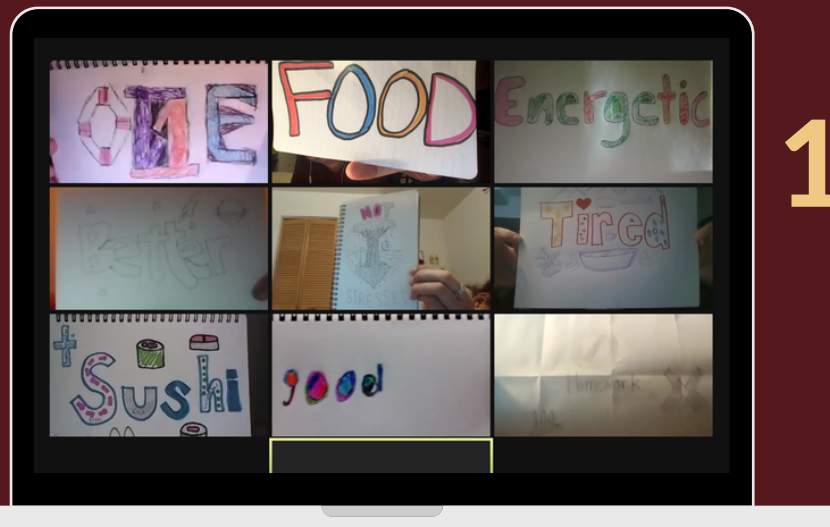


475 youth days

Direct programming days with youth

Year-round Program Spotlight

Virtual Leadership Group



10 youth participants

20 online hours

60% joined a summer canoe trip

"My favourite part was getting the opportunity to meet new people in a pandemic."

Local Explorers

12 youth participants

10 months of programming

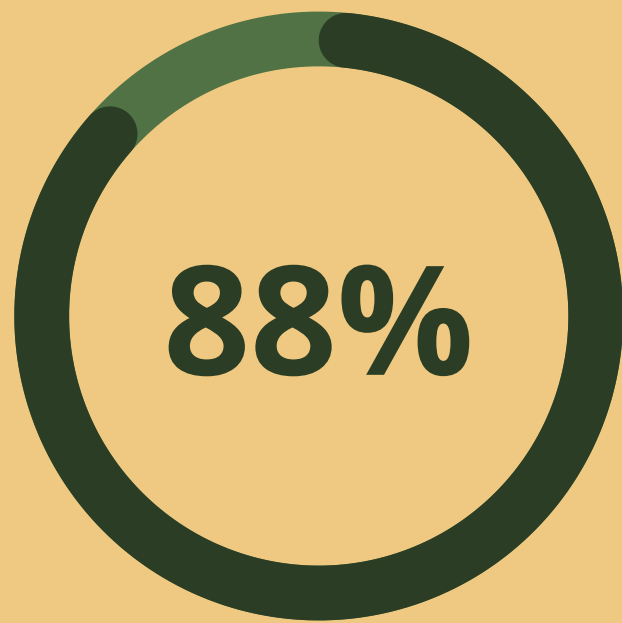
1 community being built through regular in-person meet-ups, and virtual activities





Youth Impact

Youth Feedback Highlights



Reported a
positive change
in themselves



Reported a desire
to return next
year



Reported feeling
supported by
staff

What did you learn about yourself?

“Patience, calmness and how to enjoy those little things in life”

“That I'm capable of doing stuff even if it seems difficult or challenging, if I'm persistent”

“I'm stronger than I initially believed.”

“If I ever feel down, friends are the best help”

“I learned that I'm a very optimistic person when I'm being challenged, I'm not an antisocial person, because I love to listen to others' stories, and I prefer doing activities in a group instead of doing them alone.”

“I learned that to be my best self, I need to trust myself”

What is the best part of being outdoors?

▶ "I get fresh air and get a break from social media. ""

▶ "It lets you think more about your habits and overall yourself. It lets you grow emotionally as a person and reflect on your life. "

▶ "Not having my phone and the new experience I got"

▶ "When all the hard work is finished and you get to admire all of the life around you, e.g. little bugs, animals, etc"

▶ "Waking up to the sunrise."

▶ "The best part of being outdoors is the silence and seclusion. I really enjoyed not hearing the hustle and bustle of the city. Also the crisp air was really refreshing."

Three major themes were found in our youth's self-identified best memories from trip.

60% of youth

Meeting new people and bonding or building friendships while having fun.

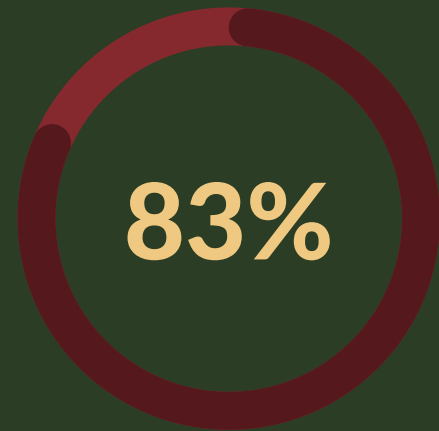
Being in nature and having time for reflection.

Learning a new skill (such as canoeing) and overcoming challenges.

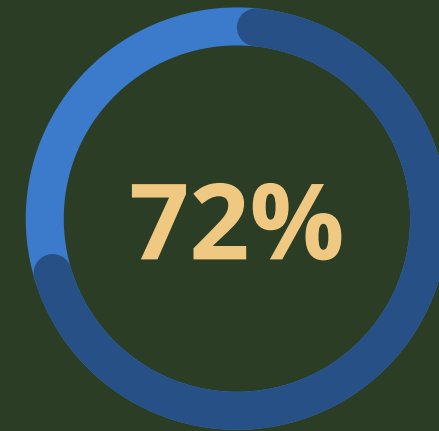


Observed Changes

Observed changes in youth from staff



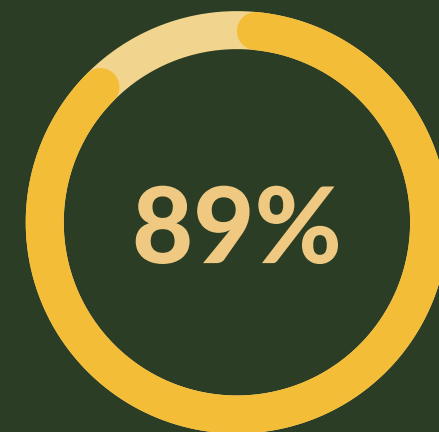
Improvement in adapting to changes and setbacks



Improvement of awareness of our environmental impact



Improvement in self-esteem and feeling good about self



Improvement in showing empathy, and awareness of other people's feelings

Staff reported 96% of youth benefited from trip

"It was the opportunities for reflection and vulnerability, times for down-time and play, and building a personal relationship that allowed him to come out of his shell"

"Rachel shared that the trip had a profound effect on her and she left trip as "a new person who was more confident and independent." She grew a lot and owned her own growth and learnings."

"Justin came with a lot of fears and challenged himself to persevere. He was ready to leave on night one, but pushed himself and grew. He left trip saying he was more confident and proud of himself."

"He felt that he grew (shed his old skin) and was a crucial part to the group in opening up and being vulnerable. He even tried steering the canoe on the last day. His self esteem was able to grow as he allowed himself to be his true and funny self by end of trip."

All youth names have been changed for privacy.



Thank you to everyone
who supported our
programs this year!



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