



The International School for Earth Studies École Internationale D'Étude de la Terre

The Earth Studies mission is to help individuals connect to nature while acquiring skills that serve people, animals, and the environment.

Women's Fall Empowerment Gap

Length: 5 weeks

Program Dates: September 09 - October 13, 2024

Age: Min. 19 years

TTL Cost: USD 8,500 (All inclusive: tax, accommodation, meals, instruction, workshops, field trips, and return airport shuttle from YOW - Ottawa, Ontario, Canada.)

Cost Breakdown:

Week 1: USD 2,500

Seven days introducing the Cushing family, Earth Studies outdoor lifestyle, Lac Indien Seppala Kennels, associated course responsibilities, liabilities, and preparedness.

Weeks 2-5: USD 6,000

Skills-based development of knowledge and experience gained as each additional week builds on the previous week's instruction, experiences, and learning.

For further information, please contact:
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Program Prerequisites

Participants must be self-motivated, physically fit, proactive, cooperative, and willing to engage in all activities. Participants must communicate their boundaries and limitations to facilitate a respectful and safe environment.

Program Overview

At Earth Studies, we believe a reciprocal relationship between people and the environment is paramount. Our private nature preserve is the ideal environment to facilitate and reinforce this connection. This experiential program focuses on developing knowledge and skills in Environmental Literacy, Animal Connection, Outdoor Preparedness and Self-Defence.

1) Environmental Literacy

Learn what it means to act as a responsible environmental leader and engaged steward of the environment through select readings, documentaries, and group discussions.

This component aims to:

- Develop a general understanding of environmental issues
- Nurture basic ecological knowledge
- Bring awareness to environmental issues through documentaries and other media
- Learn the Leave No Trace principles
- Learn teamwork and leadership in environmental contexts

2) Outdoor Preparedness

Through guided activities, participants learn and develop skills in seasonal outdoor preparedness through structured activities in terrestrial and aquatic settings.

This component aims to:

- Learn to layer clothing based on seasonal preparedness against the elements
- Facilitate skill development in campsite preparation, setup, and takedown
- Introduce foundational to intermediate skills in canoeing, hiking, and backcountry travel
- Practice the Leave No Trace principles

3) Animal Connection

a) Dog Behaviour, Pack Dynamics + Dog Powered Sports

Our kennel is home to 25 Seppala Siberian huskies and promotes dog-powered sports through canine behaviour, training, and education. Through daily structured sessions, participants learn and develop skills for building canine trust, respect, and companionship.

This component aims to:

- Introduce the Lac Indien Seppala Kennels and canine recreational areas
- Facilitate skill development for understanding pack dynamics and canine behaviour
- Develop the ability to establish kennel rules, boundaries, and limitations
- Develop awareness of canine care, nutrition, grooming and basic first aid
- Develop basic skills in equipment maintenance
- Instil an awareness of Kennel safety and risk mitigation
- Introduce dryland dog-powered sports

b) Introduction to Natural Horsemanship

The Natural Horsemanship philosophy prioritizes working with horses based on their instincts and methods of communication, promoting human responsibility and accountability. This component provides the opportunity to work with Friesian and Canadian horse bloodlines. Our methods have been inspired by several world-renowned equine trainers, including Tom Dorrance, Guy McLean, Monty Roberts, and the Pirellis.

This component aims to:

- Provide a foundational knowledge of the history of the equine species
- Introduce herd dynamics
- Introduce primary horse care and equine nutrition
- Teach basic horse groundwork
- Teach knowledge of the 4 'Horsenalities'
- Promote situational awareness and safety

4) Self-Defence

Our civilian-certified, military-trained Krav Maga self-defence instructors teach mental and physical skills that promote situational awareness, mindfulness, and self-protection. This program component teaches foundational knowledge of basic physical and mental tactics for personal protection, including how everyday items and environments can be used for self-defence.

This component aims to:

- Teach the basic principles and tactics of self-defence
- Teach the difference between a 'hard' and 'easy' target
- Learn the importance of situational awareness
- Learn to use everyday items for self-defence
- Learn about some commercial non-lethal products for personal protection

5) Field Trips

During weeks 2 and 4, participants further experience and engage in our natural and cultural heritage through 3-day field trips to two off-site locations in Québec, further promoting appreciation for the vast Canadian landscape, cultural history, and geography.

Field Trip # 1: Provides opportunities to canoe and wilderness camp at 31 Mile Lake, 90 minutes north of the ES campus and experience canoeing on one of Québec's pristine lakes. Training in group dynamics, wilderness medicine, exploring islands, fishing and cliff jumping are highlighted.

Field Trip # 2: Goes whale-watching near Tadoussac with a visit to Québec City, Canada's oldest non-indigenous settlement. View transplanted European architecture, tour La Citadelle and battlements where the Battle of the Plains of Abraham decided North America's fate.

This component aims to:

- Showcase some of Canada's rich natural landscape diversity
- Teach canoeing and wilderness camping basics
- Engage in outdoor preparedness skill development and risk mitigation

- Teach Wilderness First Aid
- Practice Leave No Trace principles
- Enjoy a European-style city in North America and experience Canadian culture
- Provide viewing to one of the best whale-watching sites in eastern North America
- Promote awareness of marine environmental pollution, protection, and management

“The goal of environmental education is to develop a world population that is aware of and concerned about the environment and its associated problems, and which has the knowledge, skills, attitudes, motivations, and commitment to work individually and collectively toward solutions of current problems and the prevention of new ones (UNESCO 1976: 1).”