



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 Winter Empowerment Gap

Length: 5 weeks

Program Dates: February 19th - March 17th, 2024

Age: Min. 19 years

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

Cost Breakdown:

Week 1: \$2,500 USD

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

Weeks 2-5: \$6,000 USD

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

For further information please contact:

Geoffrey Cushing - Director of Operations

Tel: 819-647-3226

Email: info@earthstudies.ca

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Program Prerequisites

Participants must be self-motivated, physically fit, have a proactive and cooperative attitude, and be willing to engage in all activities. Participants are expected to 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 layering of clothing, based on seasonal preparedness against the elements
- Facilitate skill development in campsite preparation, setup, and takedown
- Instruction in foundational to intermediate snowshoeing and cross-country skiing
- Practice the Leave No Trace principles

3) Animal Connection

a) Dog Behavior, Pack Dynamics + Dog Powered Sports

Home to 25 Seppala Siberian huskies, our kennel is dedicated to promoting dog powered sports through canine behavior 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 Cushing Seppala Kennels and canine recreational area
- Facilitate skill development for understanding pack dynamics and canine behavior

- 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
- Instill an awareness for Kennel safety and risk management
- Develop basic skills in tandem dog sledding and skijoring

b) Introduction to Natural Horsemanship

The Natural Horsemanship philosophy prioritizes working with horses based on their natural 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 are adopted from several world-renowned equine trainers including Tom Dorrance, Guy Maclean, and Monty Roberts.

This component aims to:

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

4) Self-Defense

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

This component aims to:

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

“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)