

CHEAKAMUS CENTRE

nature is in session



Overnight Indigenous Cultural Program

Cheakamus Centre is proud to facilitate an engaging overnight educational experience rooted in Skwxwú7mesh (Squamish) culture. The overnight cultural program represents our most in-depth indigenous program providing a wide range of hands-on learning experiences for students and accompanying adults. Guided by indigenous interpreters, learners will be immersed in traditional Coast Salish practices, situated in and around an authentic longhouse and surrounding ecological reserve.

This overnight indigenous cultural program is based on three major ideas that underlie the activities at the longhouse: Respect, Sharing, and Seasonality. This program is adapted for older students and is inspired by our Skw'unc-was program, which was developed together with Skwxwú7mesh (Squamish) Elders. The program is designed to meet a variety of curricular connections for students in grades 5 to 12 and is aligned with the First Peoples Principles of Learning.

Program Highlights

- Enhance understanding and respect for Skwxwú7mesh culture and traditional teachings
- Experience the traditional longhouse culture of the Coast Salish people
- Work alongside knowledgeable cultural program interpreters
- Learn about respect for all life, cooperation and seasonal change
- Develop a strong sense of community amongst students and school staff



To register, please contact:
604.898.5422

programs@cheakamuscentre.ca



www.cheakamuscentre.ca

North Vancouver
School District
the natural place to learn

CHEAKAMUS CENTRE

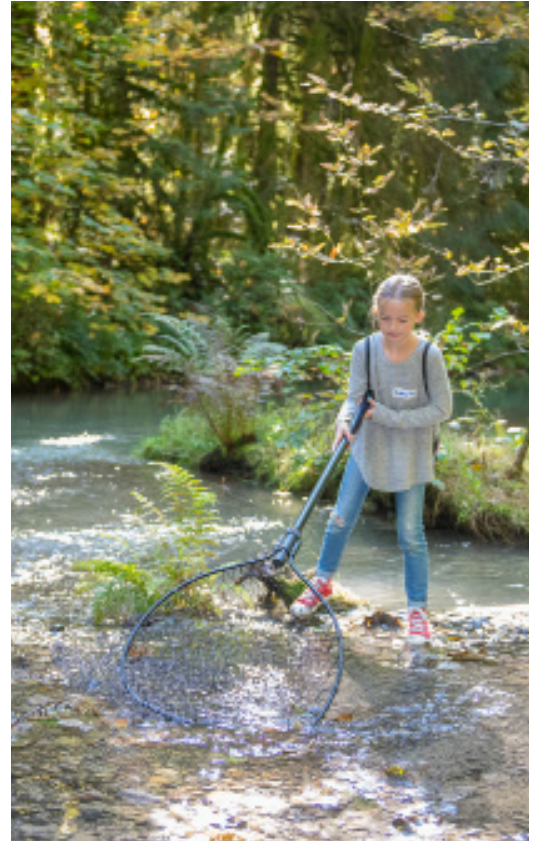
nature is in session

A short interpretive forest walk brings you to the longhouse, nestled along the Ch'iyákmes (Cheakamus) River, a Skwxwú7mesh word meaning people of the “fish weir”. Your class is welcomed to the longhouse, where students will participate in traditional daily life of the Coast Salish people.

Throughout the day, students rotate through cultural activity blocks and have the chance to experience the roles of different family groups. Cultural program staff teach the roles of Plant Gatherers, Wood Workers, Cedar Bark Workers, Wool Weavers, and/or Hunters and Fishers. As part of community living at the longhouse, students and staff prepare all meals together using traditional techniques. This includes cooking with hot rocks and making bannock over the fire. In the evening, cultural program staff engage students with legends, traditional games, singing or drumming. A guided forest night walk completes a memorable first day, before students settle into the longhouse for the night. On day two, students continue their activity rotations, before completing an ancient cedar walk as a larger group. A closing circle wraps up the program, where students have a chance to share their highlights and new learnings.

Sample Schedule

	Day One	Day Two
7:00 AM		Rise & shine, pack up gear, & breakfast preparations
8:00 AM		Breakfast
9:15 AM	Arrival and welcome to Cheakamus Centre	Indigenous Cultural Activity block 3
9:45 AM	Interpretive walk to the longhouse	
10:30 AM	Traditional welcome and intro to life at the longhouse	Cedar walk
11:30 AM	Lunch preparations & Lunch	Lunch preparations & Lunch
1:00 PM		Closing circle
1:30 PM	Indigenous Cultural Activity block 1	Departure
2:45 PM	Indigenous Cultural Activity block 2	
4:00 PM	Free time	
5:00 PM	Salmon feast preparation & Dinner	
7:00 PM	Story telling, legends &/or games	
8:00 PM	Night walk	
9:00 PM	Bed time preparations & lights out at 10pm	



Program Details

Program Length	Grade Level	Additional Information
2 days, 1 night	5 - 12	Minimum # of Students: 25 Maximum # of Students: 40 <i>Please contact us for pricing</i>

Program fee includes lunch, programming and materials. Transportation is not included.

