



Youth Mentorship Internship &  
Cultural Immersion Program

**SPIRITUAL  
HOLISTIC  
EXERCISE  
DEN  
(SHED)  
SUMMER CAMP  
2024**



# Welcome to the Youth Mentorship Internship & Cultural Immersion Summer Program!

Join us for an unforgettable Experience!

Are you a post-secondary student with previous summer camp experience, eager to expand your horizons and make a meaningful impact?

Look no further than our **Youth Mentorship Internship & Cultural Immersion Summer Program!**

Immerse yourself in Indigenous culture, develop leadership skills, and empower youth leaders in Indigenous communities. This summer, embark on a transformative intercultural experience that will shape your future and leave a lasting impact on others.

## **About the Program:**

Our program offers post-secondary students a unique opportunity to become mentors to youth leaders in Indigenous communities. Interns will train, mentor, and coach youth aged 15-18 to lead SHED summer camp programming in their communities!

Through immersive experiences, workshops, and cultural activities, participants will:

- Learn about and experience Indigenous culture firsthand
- Develop leadership, mentorship, and project management skills
- Lead mini-workshops to expose youth leaders to post-secondary studies
- Foster meaningful connections within Indigenous communities

## What is SHED?

Glad you asked! SHED stands for Spiritual Holistic Exercise Den and is a concept that was co-developed with Indigenous communities and a team of UofA students in 2021!

### **SHED's Purpose**

The Spiritual Holistic Exercise Den (SHED) program encompasses the medicine wheel teachings to promote a holistic approach to sport, physical activity, and recreation programming within Indigenous communities.

The core of SHED is social, career, and higher learning development of youth through the shared experience of sport in community. It delivers a pre-built structure stocked with both mainstream and traditional sport equipment and utilizes student interns and community youth leaders to deliver a cost-free summer sport camp right in community.

Youth (ages 15-19) in the community will take part in training and mentorship provided by university interns on how to lead and manage the SHED Summer Sport Camp so that the youth leaders can develop leadership and job skills as summer camp leaders.

## Why Participate:

Interns will experience life in an Indigenous community where they will facilitate a youth leadership training program, provide support and feedback to youth as they lead summer camp programming, and develop and deliver educational workshops to provide youth with a “taster” of post-secondary programming. In addition to the career skills interns will develop, they will also:

- **Make a Difference:** Empower youth leaders and contribute to community development
- **Cultural Immersion:** Gain a deep understanding and appreciation for Indigenous culture
- **Personal Growth:** Expand your worldview, develop resilience, and build confidence
- **Networking Opportunities:** Connect with like-minded individuals and Indigenous community members
- **Resume Enhancement:** Acquire valuable skills and experiences for future academic and professional pursuits



## What to Expect:

- Weekly Cultural Experiences: Engage in traditional ceremonies, storytelling, and cultural practices
- Intercultural Workshops: Gain insights into Indigenous history, customs, and contemporary issues
- Leadership Development: Enhance your leadership, communication, and teamwork skills through hands-on mentorship
- Project Management: Learn to plan, organize, and execute community-based projects alongside local leaders
- Impactful experience: Develop meaningful connections with your mentees and community members



## Program Details:

- Intern training in June
- Youth Training (all interns) July 2-5
- Internship 2 Weeks (Rotating Schedules)
- Eligibility: Post-secondary students with summer camp experience
- Location: Sucker Creek First Nation & Kapawe'no First Nation
- Scholarships may be available for participating interns

Accommodation fees: \$1250 per participant (includes accommodations, breakfast/lunches, cultural experiences, and workshops - all funds remain in community)

**Ready to embark on a journey of  
discovery and impact?**

**Apply Now! Applications close  
May 15th.**

Applicants will submit a resume and cover letter. Selected applicants will need to provide a criminal record and vulnerable sector check before starting the program.

For more information about the program please contact  
**[shedsportcamps@outlook.com](mailto:shedsportcamps@outlook.com)**

**Scan QR code to Apply!**

