

**2024**

# Year-end Overnight Trips

**for grades 5-8**

## Leadership , University or Science and Technology

Youth University provides options to allow your students to experience an adventure that is tailored perfectly to their current learning and interests.

For more information regarding any of our overnight or day camps and programming please visit our Brock Youth University Website [brocku.ca/youthuniversity](https://brocku.ca/youthuniversity)

# Inside

## Programs & Courses

Leadership Stream .....	3
University Stream .....	6
Science & Technology Stream .....	9

## Information

At Youth University, we are educators and change-makers committed to empowering people with key skills and attitudes needed to thrive in the 21st century.

### Youth University

1812 Sir Isaac Brock Way  
St. Catharines, ON  
L2S 3A1 Canada

Ph: 905 688 5550 x3120

Fax: 905 688 9470

[youthuniversity@brocku.ca](mailto:youthuniversity@brocku.ca)

### During this 3 day trip, your students will:

- Experience unique hands-on learning activities and exciting recreation
- Build a sense of community and learn about key transferable skills
- Learn about negotiating educational and career pathways
- Have an immersive post-secondary experience
- Become informed, skilled and inspired to be 21st century leaders
- Laugh and have a great time

# Welcome!

Being located at Brock University, we can offer one-of-a-kind educational experiences for your students that is forward-thinking, informative, inspiring, safe, affordable and a whole lot of fun. Our instruction is based on the latest educational research to ensure learning is meaningful and engaging. Our facilities — from our Olympic-sized pool to our laboratories, classrooms, and dining halls — are awe-inspiring to students. And to top it all off, those who stay overnight will appreciate that our location is close to Niagara Falls, the Shaw Festival, and is steeped in the history of Upper Canada and the Underground Railroad. We are here to take care of the details so you can focus on enjoying the experience with your students. Our team of professional educators will work with you every step of the way from selection and planning to providing instruction. We want to ensure your experience is stress-free. Hours of operation

## Accommodations

This trip allows students to experience post-secondary life first-hand, as they stay in a real-life University residence building. Our traditional dormitory rooms provide a safe and manageable space, ensuring that students are housed in one common area. Rooms have twin beds and access to a shared washroom. Bed linens and pillows are provided. Access to each floor is restricted to the occupants and exterior doors are locked each night. Conference Services operates a 24-hour guest services desk and Campus Security Services monitors the campus 24 hours a day. Hotel-style accommodations may also be available at an additional charge. Ask us for more information.

## Meals

We work with the campus dining hall to provide buffet-style meals throughout your trip. Our all-you-care-to-eat meals are nutritious with a variety of choices available. Our dining hall is vigilant about food allergies and we are happy to accommodate vegetarian, vegan, Halal and lactose- or gluten-free meals. All meals are included in your stay, with the exception of lunch upon arrival on day 1 of your adventure.



YOUTH UNIVERSITY CAMPS & PROGRAMS

Watch the video



# Leadership

challenge students to reach new heights while developing problem-solving and communication skills.



ADVENTURE  
CHALLENGE COURSE

Watch the  
video



# LEADERSHIP STREAM

3-DAY OVERNIGHT TRIP FOR GRADES 5-8

MAY & JUNE (MONDAY & WEDNESDAY ARRIVALS)

## Overnight Spring Leadership Stream

Whether you are looking to focus on building teamwork and collaboration or are celebrating the end of a school year and the transition into a higher grade, our leadership camp offers activities that will challenge students to reach new heights while developing problem-solving and communication skills. Have an unforgettable time while challenging yourself at our adventure climbing course and exploring our beautiful campus through exciting team challenges and guided discovery, all while experiencing post-secondary life.

## Inclusions

During your stay, you will experience:

- University student mentors to lead programming from morning to night.
- An all-you-can-eat buffet in a residence dining hall provides a nutritious and delicious variety of choices for 6 meals during your stay. Our dining hall is vigilant about food allergies, and we are happy to accommodate vegan, Halal, nut-free, lactose-free, and gluten-free meals. Don't forget to fill out the dietary requirement form prior to your trip if you require any of these accommodations.
- A two-night stay in a University residence building. This residence is nestled in the heart of campus and provides a safe and manageable space for you to supervise your students on a locked floor. Rooms have twin beds with linens and pillows, towels, WIFI, and a shared washroom.
- Campus security monitors our campus 24 hours a day, and all exterior doors to the residence are locked each night.
- An opportunity to challenge yourself at our adventure climbing course. This course includes a 30-foot-high ropes course and an outdoor rock-climbing tower.
- A Youth University T-shirt to wear during your stay so that you and your school stand out as a team.

## Optional Features

Schools have the option to choose additional features to create an even more memorable trip:

- Swimming in Brock's Olympic-sized swimming pool, equipped with diving boards of various heights, a 5-meter jumping tower, and a swinging Tarzan rope.
- A visit to Niagara Falls' Clifton Hill (\$) An additional T-shirt for your stay (\$) An additional lunch upon arrival (\$)



## Embark on

## An electrifying journey of non-stop fun by the Falls.

An extraordinary, one-of-a-kind experience! You're in for non-stop excitement in the vibrant heart of Niagara Falls!

**Add this option to your stay.**

# LEADERSHIP CAMP ITINERARY

## FIRST DAY

### ARRIVAL (11:45 A.M.)

#### Eat a packed lunch and move – In

Students will be moved into their residences and given the opportunity to grab any items they may need for the day.

\*Note move into rooms time occurs based on housekeeping completion anywhere between your arrival and 4:00 pm.

#### Opening Ceremonies & Group Time

Kick off your trip in a large theatre lecture hall. We then split into small groups and will meet your mentor. Campus Tour

Explore all that Brock's campus has to offer post-secondary students. Keep your eye out for Sir Isaac Brock along the way.

#### Team Building & Low Ropes

Solve puzzles, obstacles, and physical challenges while you practice collaboration, communication, problem-solving, and leadership as a team.

### DINNER (5:15 P.M.)

#### Evening Program

Large group games within your school promote collaboration, trust, communication and fun.

#### Evening Social Event (7:30 p.m.)

As a school, choose a hosted event: mini-games, dance, structured gym time, swimming, campfire, evening hike, or movie night.

## SECOND DAY

### BREAKFAST (7:15 A.M.)

#### Adventure Course & Rock Climbing

Experience our 30-foot-high ropes challenge course and our outdoor rock-climbing tower. These challenge-by-choice events are a great way to strengthen communication skills while pushing personal boundaries in a safe and controlled environment. Specialty staff coach and encourage students along the way.

### LUNCH (12:00 P.M.)

#### Geocaching

Calling all treasure hunters! Use your coordinates to help find all the hidden objects!

#### Leadership Styles

What type of leader are you? Find out in this hands-on activity that puts your leadership style to the test.

#### Hiking Niagara's Escarpment

Discover the beauty of the Bruce Trail, and the UNESCO Biosphere Reserve, and learn more about the ecology of the region, all in Brock's backyard.

#### Archery

Cheer each other on as you aim for the target!

### DINNER (5:15 P.M.)

#### Evening Program

Large group games within your school promote collaboration, trust, communication, and fun.

#### Evening Social Event (7:30 p.m.)

As a school, choose a hosted event: mini-games, dance, structured gym time, swimming, campfire, evening hike, or movie night.

## THIRD DAY

### BREAKFAST (7:15 A.M.)

#### Escape room

Put your skills to the test! Find the path out of the room together in under 60 minutes.

#### Closing Ceremonies

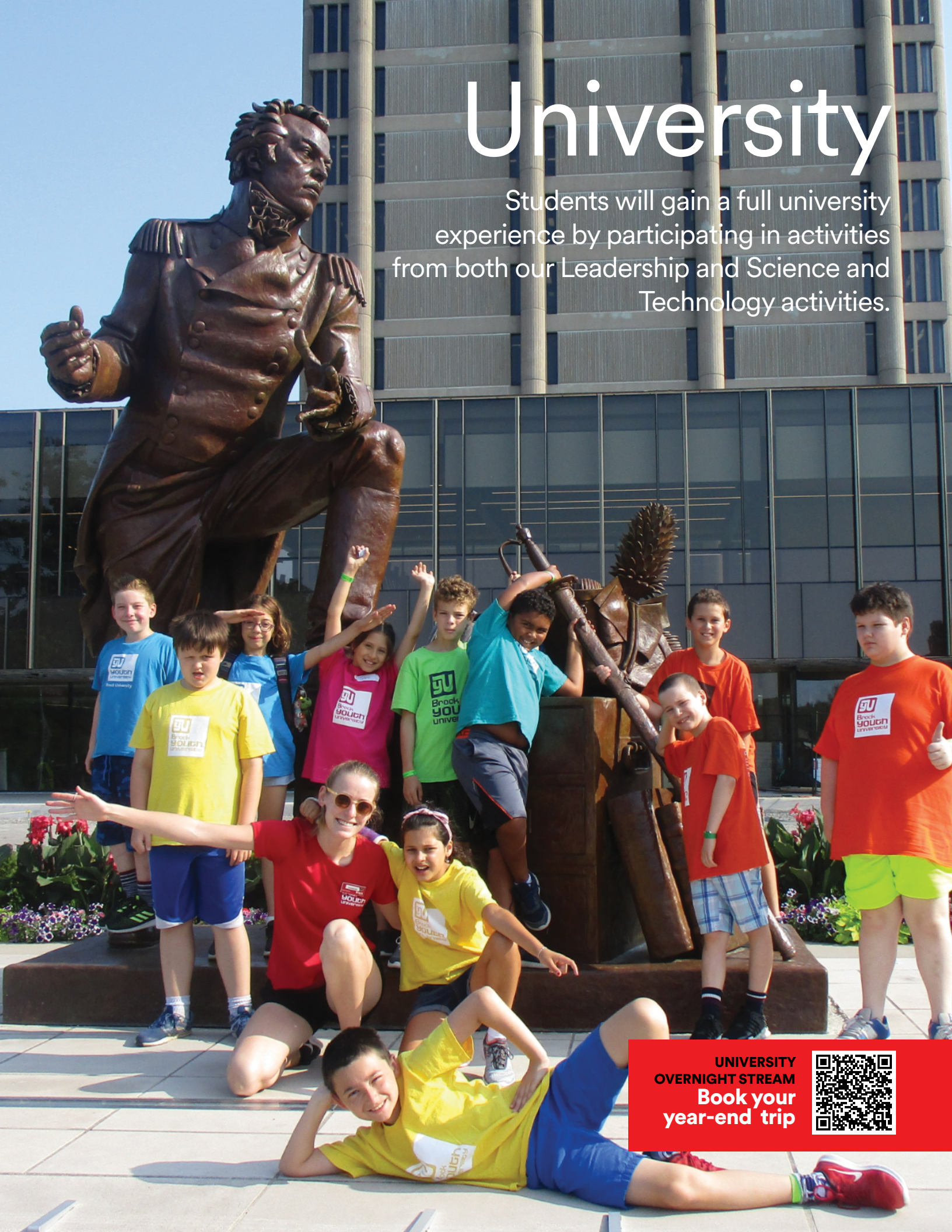
Cheer with your friends and reflect on your experience as you enjoy a slideshow of pictures from your time at Brock.

### LUNCH (11:15 A.M.)

### DEPARTURE (12:00 P.M.)

# University

Students will gain a full university experience by participating in activities from both our Leadership and Science and Technology activities.



UNIVERSITY  
OVERNIGHT STREAM  
**Book your  
year-end trip**



# UNIVERSITY STREAM

## 3-DAY OVERNIGHT TRIP FOR GRADES 5-8

### MAY & JUNE (MONDAY & WEDNESDAY ARRIVALS)

### Overnight Spring University Camp

Our University camp is the best of everything and allows students to experience post-secondary life first-hand as they engage in outdoor education and leadership activities, as well as visit our university labs to partake in science and technology workshops. During your adventure, you will have the opportunity to experience our low ropes elements as well as climb our outdoor high ropes course. You will experience what it's like to work in a University lab as you experiment with our science workshops and put your coding skills to the test in our Game Design workshop.

### Inclusions

During your stay, you will experience:

- University student mentors to lead programming from morning to night.
- An all-you-can buffet in a residence dining hall provides a nutritious and delicious variety of choices for 6 meals during your stay. Our dining hall is vigilant about food allergies, and we are happy to accommodate vegan, Halal, nut-free, lactose-free and gluten-free meals. Don't forget to fill out the dietary requirement form prior to your trip if you require any of these accommodations.
- A two-night stay in a University residence building. This residence is nestled in the heart of campus and provides a safe and manageable space for you to supervise your students on a locked floor. Rooms have twin beds and include linens, pillow, towel, WIFI, and a shared washroom.
- Campus security monitors our campus 24-hours a day, and all exterior doors to the residence are locked each night.
- An opportunity to experience real university science and computer labs during hands-on and engaging modules.
- A Youth University T-shirt to wear during your stay so that you and your school stand out as a team.

### Optional Features

Schools have the option to choose additional features to create an even more memorable trip:

- Swimming in Brock's Olympic size swimming pool, equipped with diving boards of various heights, a 5-meter jumping tower, and a swinging Tarzan rope.
- A visit to Niagara Falls' Clifton Hill (\$) An additional T-shirt for your stay (\$) An additional lunch upon arrival (\$)



**Dive into**  
**The ultimate aquatic adventure**  
**at Brock's Olympic-sized**  
**swimming pool**

Conquer thrilling diving boards, soar from a 5-meter jumping tower, and swing like Tarzan on the rope of your dreams.

**Add this option to your stay.**

# UNIVERSITY CAMP ITINERARY

## FIRST DAY

### ARRIVAL (11:45 A.M.)

#### Eat a packed lunch & Move-in

Students will be moved into their residences and given the opportunity to grab any items they may need for the day.

*\*Note move into rooms time occurs based on housekeeping completion anywhere between your arrival and 4:00pm.*

#### Opening Ceremonies & Group Time

Kick off your trip in a giant lecture hall built for hundreds. Split into groups and meet your mentor.

#### Campus Tour

Explore all that Brock's campus has to offer post-secondary students. Keep your eye out for Sir Isaac Brock along the way.

#### Team Building & Low Ropes

Solve puzzles, obstacles, and physical challenges while you practice collaboration, communication, problem-solving, and leadership as a team.

### DINNER (5:15 P.M.)

#### Bottle Rockets

Test your aerodynamics design to see who can launch their rocket the highest.

Evening Social Event (7:30 p.m.)

As a school, choose a hosted event: mini-games, dance, structured gym time, swimming, campfire, evening hike, or movie night.

## SECOND DAY

### BREAKFAST (7:15 A.M.)

#### Adventure Course & Rock Climbing

Experience our 30-foot-high ropes challenge course and our outdoor rock-climbing tower. These challenge-by-choice events are a great way to strengthen communication skills while pushing personal boundaries in a safe and controlled environment. Specialty staff coach and encourage students along the way.

### LUNCH (12:00 P.M.)

#### Ecology

Dissect an owl's dinner to understand food webs.

#### Chemistry

Mix polymer molecules as you create your own bouncing polymer ball!

#### Game Design

Put your coding skills to the test as you create your own video game.

#### 3-D Design

Create 3-D images using our 3-D pens and watch your imagination come to life instantly

### DINNER (5:15 P.M.)

#### Evening Program

Large group games within your school promote collaboration, trust, communication, and fun.

#### Evening Social Event (7:30 p.m.)

As a school, choose a hosted event: mini-games, dance, structured gym time, swimming, campfire, evening hike, or movie night.

## THIRD DAY

### BREAKFAST (7:15 A.M.)

#### Hiking Niagara's Escarpment

Discover the beauty of the Bruce Trail, and the UNESCO Biosphere Reserve, and learn more about the ecology of the region, all in Brock's backyard.

#### Closing Ceremonies

Cheer with your friends and reflect on your experience as you enjoy a slideshow of pictures from your time at Brock.

### LUNCH (11:15 P.M.)

### DEPARTURE (12:15 P.M.)



# Science & Technology

Tailored to inspire a desire to learn in your students through science experiments and hands on activities all while experiencing post-secondary life.



UNIVERSITY  
OVERNIGHT STREAM  
**Book your  
year-end trip**



# SCIENCE & TECHNOLOGY STREAM

**3-DAY OVERNIGHT TRIP FOR GRADES 5-8**

**MAY & JUNE (MONDAY & WEDNESDAY ARRIVALS)**

## Overnight Spring University Camp

Our Science and Technology camp provides an opportunity to transition into a higher grade by experiencing hands-on workshops in real University labs. This trip is tailored to inspire a desire to learn in your students through science experiments, real world technology applications and hands-on activities all while experiencing post-secondary life. Students will have an opportunity to participate in biology, chemistry, and coding activities in a fun and engaging way.

## Inclusions

During your stay, you will experience:

- University student mentors to lead programming from morning to night.
- An all-you-can buffet in a residence dining hall provides a nutritious and delicious variety of choices for 6 meals during your stay. Our dining hall is vigilant about food allergies, and we are happy to accommodate vegan, Halal, nut-free, lactose-free and gluten-free meals.
- Don't forget to fill out the dietary requirement form prior to your trip if you require any of these accommodations.
- A two-night stay in a University residence building. This residence is nestled in the heart of campus and provides a safe and manageable space for you to supervise your students on a locked floor. Rooms have twin beds with linens and pillows, WIFI, and a shared washroom.
- Campus security monitors our campus 24 hours a day, and all exterior doors to the residence are locked each night.
- An opportunity to experience real university science and computer labs during hands-on and engaging modules.
- A Youth University T-shirt to wear during your stay so that you and your school stand out as a team.

## Optional Features

Schools have the option to choose additional features to create an even more memorable trip:

- Swimming in Brock's Olympic size swimming pool, equipped with diving boards of various heights, a 5-meter jumping tower, and a swinging Tarzan rope. A visit to Niagara
- Falls' Clifton Hill (\$) An additional T-shirt for your stay (\$) An additional lunch upon arrival (\$)



## Gear up

### Additional Camp T-shirt for each student and chaperone

There are laundry facilities in your residence but some schools like the option for a clean shirt. Your camp shirt must be worn at all times as part of our risk management processes.

**Add this option to your stay.**

# SCIENCE & TECHNOLOGY CAMP ITINERARY

## FIRST DAY

### ARRIVAL (11:45 A.M.)

#### Eat packed lunch & Move-in

Students will be moved into their residence and given the opportunity to grab any items they may need for the day.

*\*Note move into rooms time occurs based on housekeeping completion anywhere between your arrival and 4:00pm.*

#### Opening Ceremonies & Group Time

Kick off your trip in a giant lecture hall built for hundreds. Split into groups and meet your mentor.

#### Campus Tour

Explore all that Brock's campus has to offer post-secondary students. Keep your eye out for Sir Isaac Brock along the way.

#### Bottle Rockets

Test your aerodynamics design to see who can launch their rocket the highest.

#### 3-D Design

Create 3-D images using out 3-D pens and watch your imagination come to life instantly!

### DINNER (5:15 P.M.)

#### Evening Program

Large group games within your school which promote collaboration, trust, communication and fun

#### Evening Social Event (7:30 p.m.)

As a school, choose a hosted event: mini games, dance, structured gym time, swimming, campfire, evening hike, or movie night.

## SECOND DAY

### BREAKFAST (7:15 A.M.)

#### Game Design

Put your coding skills to the test as you create your own video game in this extended workshop.

### LUNCH (12:00 P.M.)

#### Sustainability

Test for water quality and learn about climate change.

#### Chemistry

Mix polymer molecules as you create your own bouncing polymer ball!

#### Biology

Test your surgery skills by removing a tumor from a brain in this biology workshop. We hope you have steady hands!

#### Ecology

Dissect an owl's dinner to understand food webs.

### DINNER (5:15 P.M.)

#### Egg Drop

Use experimental inquiry to design and test the most secure structure to keep your egg in one piece.

#### Evening Social Event (7:30 p.m.)

As a school, choose a hosted event: mini-games, dance, structured gym time, swimming, campfire, evening hike, or movie night.

## THIRD DAY

### BREAKFAST (7:15 A.M.)

#### Physics

Experiment with static electricity, lights, and circuits.

#### Closing Ceremonies

Cheer with your friends and reflect on your experience as you enjoy a slideshow of pictures from your time at Brock.

### LUNCH (11:15 A.M.)

### DEPARTURE (12:00 P.M.)

## How we do it

Our work includes a wide set of programs, outreach initiatives and scholarly projects that focus on fostering community, exploring unique subjects, developing key 21st century skills, and building knowledge and aspirations for lifelong learning. Our participants are school groups, youth, families, adults, community groups, Brock students and others at Brock University. Each year we hire more than 60 students, design and offer more than 100 unique programs, provide more than 100,000 hours of programming and serve more than 7,000 people.

## Our staff

### Brock student instructors

When you arrive on campus, you will be greeted by our outstanding Brock University student instructors who will lead you through your experience. Along with their ability to build community, our student staff are selected for their contagious enthusiasm, their desire to make a difference and, of course, their expertise. All of our instructors undergo reference and police checks, first aid certification, and extensive pre-program training and ongoing education and evaluation.

### Professional staff

Our full-time staff are professionals in education, youth development and recreation programming and dedicated to providing innovative experience's for youth.

## Packing

Before packing for camp, review the packing list that has been provided. Remember that residence does provide bedding and a pillow but NOT a washcloth and towel. Helpful tip: Packing a water bottle, backpack and running shoes are essentials for the trip.

## Cancellation insurance

We strongly recommend schools choose cancellation insurance for the benefit and peace of mind of parents, teachers and schools. Purchasing cancellation insurance ensures that parents are reimbursed their full, unused trip fees, which have been paid to Brock University, if their child becomes sick or is unable to attend the trip for any reason. Unfortunately, refunds will not be issued past May 1 if cancellation insurance is not purchased.

### Insurance policy benefits:

Prior to arrival and including the day of arrival: students receive a full refund (excluding the cost of cancellation insurance).

During the trip: cancellations are assessed on a case-by-case basis and any unused fees are refunded (excluding the cost of cancellation insurance).

Cancellation insurance, if selected, must be purchased for each student of the entire group. Insurance only applies to fees charged by Brock University. Where cancellation insurance has not been purchased, the standard cancellation policy applies. Brock University will issue refunds to the school only.



FIND OUT  
WHAT MAKES US UNIQUE  
**Watch the video**