

# Adventure Earth Centre

**Building a Healthy & Sustainable Future for Our Young People,  
the Community & the Earth**



68 Parkhill Road  
(Fleming Park)  
Telephone: 490-4539  
Fax: 490-4509

## MindShift Youth Educating Youth - Shifting to a Sustainable Culture



MindShift is a sustainability education and youth leadership program for high school students. Peer education teams in each high school present an action-packed and interactive program to engage young people in understanding humanity's interactions with the earth and identify how students can reduce their impact on a personal level.

This award-winning program was originally designed in 2007-08 by a team of seven high school students working with the HRM Adventure Earth Centre, and is currently operating in seven HRM high schools. It combines a hard-hitting dramatic presentation and facilitated discussion with humour and high energy to connect with its audience.

To get involved or for more information please check out our website  
at  
<http://www.earthed.ns.ca/mindshift/>

Or contact Brin Jones, MindShift Coordinator by phone at 490-4520,  
or by email at [mindshift@earthed.ns.ca](mailto:mindshift@earthed.ns.ca)

## H.E.A.T.

### ("Helping the Earth by Acting Together")

H.E.A.T. provides great opportunities for YOUTH, ages 13 and up, who have an interest in the environment and who would like to "make a difference".

H.E.A.T. is a YOUTH ACTION TEAM, supported by a number of adult mentors, who get together at various times throughout the year. These gatherings, events and meetings provide opportunities for:

- \* Leadership
- \* Community Service
- \* Environmental Action
- \* Personal Skills Development
- \* Active Living
- \* Being Connected to other like-minded youth and the Adventure Earth Centre



H.E.A.T. aims to be "YOUTH DRIVEN" and welcomes the input and involvement of all members.

H.E.A.T. welcomes YOUTH from all areas of the Halifax Regional Municipality!

To get involved or for more information please contact staff at the Adventure Earth Centre by email - [peacet@halifax.ca](mailto:peacet@halifax.ca) or call 490-4539.

## Camila Das Gupta, Youth Leader - Adventure Earth Centre

### How did you start with HRM recreation?

I started taking various classes in elementary school during the winter season, but I did not officially become hooked until I attended a residential camp called Sunship Earth, put on by the Adventure Earth Centre. There, I fell in love with the program and their leadership style. I intend to stay involved with HRM recreation, hopefully taking on more significant roles and responsibilities and continually contributing to my community.

### What are some of the benefits of being a youth leader? or being involved in a youth group?

The connections and memories you make with people who have the same interests as you are priceless. There is a special bond constructed with your campers and colleagues, which cannot be described adequately over paper. This bond helps you to gain confidence and encourages you to expand your leadership skills, things that will be useful for the rest your life.

### What have been some of your favourite experiences?

It would be difficult to pinpoint only a few favourite experiences. Over the years I have come to learn that every adventure with HRM recreation is an incredible one that helps me to continue learning and growing in a fun and positive way. I always appreciate seeing the utter excitement and amazement reflected in the countless campers' faces I interact with each summer.



**Outdoor Adventure Summer Camps for Children & Youth Please see page 55**