

Bethany's Survival Guide To...

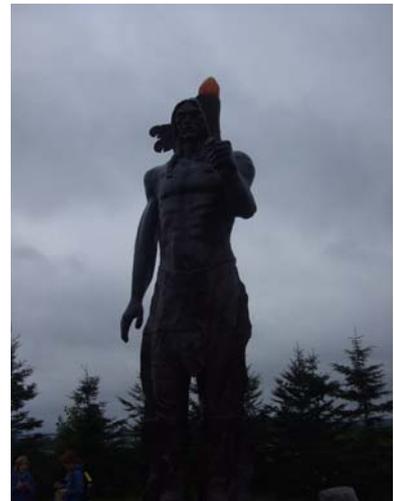


Nova Scotia Heritage Explosion

August 9th - August 23rd 2011

Top Tips for Surviving Camp:

- Make the most of any showers you get – Although trying to have a week's showers in two days at the youth hostel doesn't really work and doesn't make up for not being able to have a shower, it's worth trying anyway!
- Learn about the culture in the area you are staying – In Nova Scotia many of the local people belong to the Mi'kmaq tribe. During the opening ceremony a group of women sang some songs in their language while playing a big drum which was amazing to watch. We also had a talk from one of the Mi'kmaq women who spoke about some of their traditions, particularly to do with the medicine bowl. We also visited the Glooscap museum (named after a man) which was about the history of the Mi'kmaq tribe. We learnt about their past and customs and heard an interesting story about how the porcupine got its spines! There was also a 40ft statue of Glooscap!



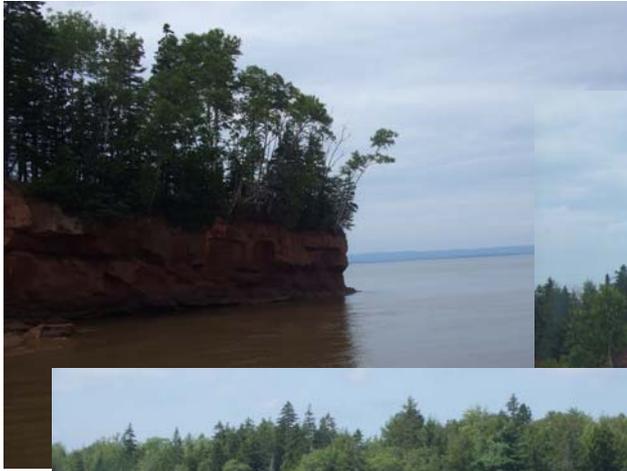
- Be creative (unlike me!) – We did many different crafts whilst on camp and, being creative helps you to make nice things that you can give to friends you make or keep as souvenirs. One of my favourite crafts was making a cape for children in women’s shelters to give them something to play with. We also made other things including a dreamcatcher, a doll and a mini pillow. We also went to a place called ‘Studio Glass’ to do another craft. Here we were all given a circular piece of glass and on the table there were lots of differently shaped and coloured piece of glass. We used these to create a pattern or shape on the glass and then glued all the pieces on. I made a beach with a palm tree, the sea and the sky.
- Learn about other countries – Whilst talking to guides from New Zealand, other parts of England and all over Canada, we learnt a lot about how things are different for them. We also got to know a bit about where everyone came from on the two ‘Heritage Nights’. Our group came on and danced to the Swan Lake music, wearing tutus, before singing ‘Everywhere we go...’. We also had a banner with a swan on to represent the Banner service in Buckinghamshire. Other groups had many interesting performances including lots of dances (the most interesting being ‘chair dancing’) and some songs and anthems. We also took part in a game of Quidditch in our chairs (my team won!) and learnt about a tradition in Newfoundland called ‘murmuring’ in which people dress up and knock on friends’ doors at Christmas and they have to guess who they are.



Wearing our tutus!

- Be prepared to get wet! – One of the best things about the camp was the lake which was on the campsite. We could swim or canoe in it every day during our free time. This was really fun and a great way to cool down as it was often hot during the day, although some people did get leeches! We also went swimming on our last day before going to the airport. This swimming pool was really good because it had a slide and a diving board. There was also a rope swing which some people were better at than others! Another time we got wet was when we had to create an obstacle course and time ourselves to complete it. At one point we had to run between cones whilst having wet sponges thrown at us.

- Enjoy the scenery – the campsite where was stayed was really pretty and the lake looked amazing, especially in the evening. We also went to visit a lighthouse which had been put forward to be one of the Seven Wonders of the Natural World. We went to the top of the lighthouse to look at the view of the sea before going to sit on some rocks and watching the tide go out.



View from the lighthouse ↓



The lake

- Enjoy the out trips – We went on two out trips while we were at camp – the first day we went to the Glooscap museum, the lighthouse and ‘Studio Glass’. The second out trip was to Halifax when we took part in the ‘Amazing Race’. As we had already been in Halifax for two days, we had an advantage as we knew the area fairly well. In this race we followed clues around Halifax, using a map. It took us a while to get the idea but once we did it was fun. Some of the places we visited were a rock exhibition, a Maritime Museum, a cathedral and a couple of markets. We also visited a sweet shop which had every sweet you could imagine inside!
- Take your opportunities to relax – although we were very busy, we did have some time in the evening and at lunch time to relax. This was nice as we were all tired from waking up early. In this time we sat in the shade and played cards, or visited the lake. We also had a free day when we did lots of swimming and visited the HAM radio station. Here I talked across the radio to some cadets from all over the world who were meeting somewhere which was a new experience.
- Always wear insect repellent – to avoid getting many, very itchy bites it’s important to wear insect repellent in the evening and early morning, particularly near the water.
- Wear sun cream.
- Get used to the wildlife – however much you may hate insects, you can’t get rid of them! Also, look out for it as it may be hard to spot. For example,

when we went on our whale watching trip while we were staying in Halifax we didn't see any whales! However, we did see lots of seagulls and a blue lobster – apparently they are 1 in 20 million! Having said that, some kinds of wildlife you don't want to find... One night we did 'Night Manoeuvres' in which we followed clues around the campsite. We were told to sing loudly to scare the bears! This made walking around in the dark more exciting although everybody hoped our singing wasn't really needed!

- Laugh – Laughing always seemed to be the best way to make a situation seem better, even if it wasn't really very funny. For example, when the water kept spilling out of our 'solar shower' there was no way to get it back so we just laughed.
- Make friends.
- Keep up to date with your diary.
- Take lots of photos – you'll want them to remember all the amazing things you did on camp!
- Have fun!

I had such an amazing time on camp in Canada and it was an experience I will never forget. I learnt so much, from how to use a solar shower to many of the traditions and beliefs of the Mi'kmaq people. The trip went so fast and by the end I was so used to having a spit bucket to clean my teeth with and toilets that didn't flush that I didn't mind not having some of my home comforts. That said, I did enjoy having a hot shower at home without having to hold the shower up!



My tent

Where we ate



The postboxes!

