



CONNEXION N

Rebuilding the youth-nature relationship

 **SNAP**
SOCIÉTÉ POUR LA NATURE ET LES PARCS DU CANADA
SECTION QUÉBEC

 **Sépaq**

CONNEXION N

Rebuilding the youth-nature relationship

Connexion N is a program meant to reconnect our urban teenagers with the benefits offered by nature, offering them their first outdoor experience in a national park for a unique weekend of activities and discoveries.

Thanks to Nature event :

- SNAP Québec's annual fundraising campaign
- Reconnecting people to Nature on Thanksgiving Sunday
- Event taking place in 6 national parks from Sépaq
- A third of the funds collected are allocated to the *Connexion N* program



Program objectives

- Reconnect young urbanites with nature to fight against their “nature-deficit disorder”
- Help young newcomers to Quebec develop an emotional bond with their host territory
- Spark their interest in outdoor activities
- Raise awareness of the mental and physical health benefits of nature
- Make them true advocates of our natural heritage



Project description

- First edition in September 2017
- Small group of 15 to 17 participants
- Targeting young newcomers to Quebec
- 3-days outdoor experience in Mont-Tremblant National Park:
 - Outdoor activities: camping, hiking, canoeing, cycling and via ferrata
 - Educational workshops and discussions
- *Next edition: September 23-25, 2019*



Partners



SNAP QUÉBEC



Sépaq



POUR L'ÉDUCATION
AU DÉVELOPPEMENT DURABLE



Association des
camps du Québec

Results and outcomes

- 34 teenagers lived their first outdoor experience so far
- Feedback sessions organized in class after the experience :
 - « Je pense que je veux refaire cette expérience en nature une autre fois avec ma famille »
 - « Le moment marquant du séjour pour moi c'est quand j'ai atteint le sommet de la montagne! »
 - « Ce n'est pas tous les jours qu'on fait des choses comme ça alors il faut en profiter »
- Article from Le Devoir (October 6, 2018)
- Day-trip planned at the Iles-de-Boucherville National Park on May 14 with the 2018 participants





Thank you!