



**Blue Ecology Weekend Retreat: *Learning Blue Ecology, Sense the Spirit, and Inspire Change as a Youth Ambassador***

Dates: Friday, September 27<sup>th</sup> until Sunday, September 29<sup>th</sup>, 2024

Location: Salt Spring Island

Day & Date	Time	Activity	Details
<b>Friday, September 27th, 2024</b>	10:00 AM - 3:00 PM	In transit to Salt Spring Island	Transportation logistics to be confirmed depending on the location of participants.
	3:00 PM - 4:30 PM	Arrival and Settling-in	Participants check in and settle into accommodations.
	4:30 PM - 6:00 PM	Welcome and weekend orientation	Introduction and orientation, explore the retreat venue.
	6:00 PM - 7:00 PM	Dinner	Welcoming dinner for all participants.
	7:00 PM - 8:00 PM	Blue Ecology session 1	Introduction to Blue Ecology concepts, followed by Q&A.
	8:00 PM - 10:00 PM	Campfire and Group Discussion	Discussion around the campfire.
	<b>Saturday, September 28th, 2024</b>	7:30 AM - 8:30 AM	Morning Water Ceremony
8:30 AM - 9:30 AM		Breakfast	Participants gather for breakfast.
9:00 AM - 10:45 AM		Blue Ecology session 2	Examining the matriarchal lens of Indigenous knowledge and the patriarchal lens of Western science. Introduction to the concepts of being caretaker of the land and letting the land and water heal, followed by Q&A.
10:45 AM - 12:30 PM		Nature Survival training	Learning about survival skills and how to be safe in nature.
12:30 PM - 1:30 PM		Lunch	Participants gather for lunch.
1:30 PM - 2:30 PM		Reflect on Blue Ecology principles	Reflect on Blue Ecology principles through creative activities such as videos, photography, art, journaling etc...

	2:30 PM - 3:30 PM	Conscious consumerism session	Introduction to the “Economics of Enough” and conscious consumerism, followed by Q & A.
	3:30 PM - 4:30 PM	Practicing Blue Ecology session 3	Presentation about applying the 5 principles of Blue Ecology in daily life, followed by Q&A.
	4:30 PM - 6:00 PM	Reflect on Blue Ecology principles	Reflect on Blue Ecology principles through creative activities such as videos, photography, art, journaling etc...
	6:00 PM - 7:00 PM	Dinner	Evening meal for all participants.
	7:00 PM - 8:00 PM	About Blue Ecology Institute	Presentation about the Blue Ecology Institute Foundation and its objectives, followed by Q&A.
	8:00 PM - 10:00 PM	Campfire and Group Discussion	Discussion around the campfire.
<b>Sunday, September 29th, 2024</b>	7:30 AM - 8:30 AM	Morning Water Ceremony	Opportunities for participants to do their personal “Sense the Spirit” water ceremony and time for reflection.
	8:30 AM - 9:30 AM	Breakfast	Participants gather for breakfast.
	9:30 AM - 11:00 AM	Leadership and being a Youth Ambassador Session	Learning about environmental leadership, discussion on the role of Youth Ambassadors, exploring ways to share their voice. Participants develop their action plans.
	11:00 AM - 12:00 PM	Reflect on Blue Ecology principles	Reflect on Blue Ecology principles through creative activities such as videos, photography, art, journaling etc...
	12:00 PM - 1:00 PM	Lunch and Departure	A final meal together before participants head home.
	1:30 PM - 2:30 PM	Packing and site departure	-