



STUDENTS ON ICE
FOUNDATION • FOUNDATION

YOUTH ENGAGEMENT GUIDE



Written for alumni, by alumni



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Introduction

Hello Students on Ice alumnus, welcome to the Youth Engagement Guide!

During a two-week expedition with Students on Ice, participants are inspired and motivated to become ambassadors for the Polar Regions and impassioned advocates for the environment, climate change, mental health, higher education, indigenous issues, and more. The aim of this guide is to empower and support SOI alumni in sustaining and extending the momentum gained while onboard the ship by providing some useful tools and strategies.

Everyone processes the expedition experience differently, but post-expedition life seems to unfold in three general stages:

Reflection

Connection

Engagement

This document will guide you through these steps to ensure that - although the physical journey may be over - your journey in personal development and meaningful action has just begun!

"We are crew members, not passengers along for a ride on planet Earth. This means that we each have a role and a responsibility to take care of the global ecosystem that sustains life. Together, our actions can shape, define and inspire a legacy that we will be proud of."

Geoff Green
Founder, Students on Ice



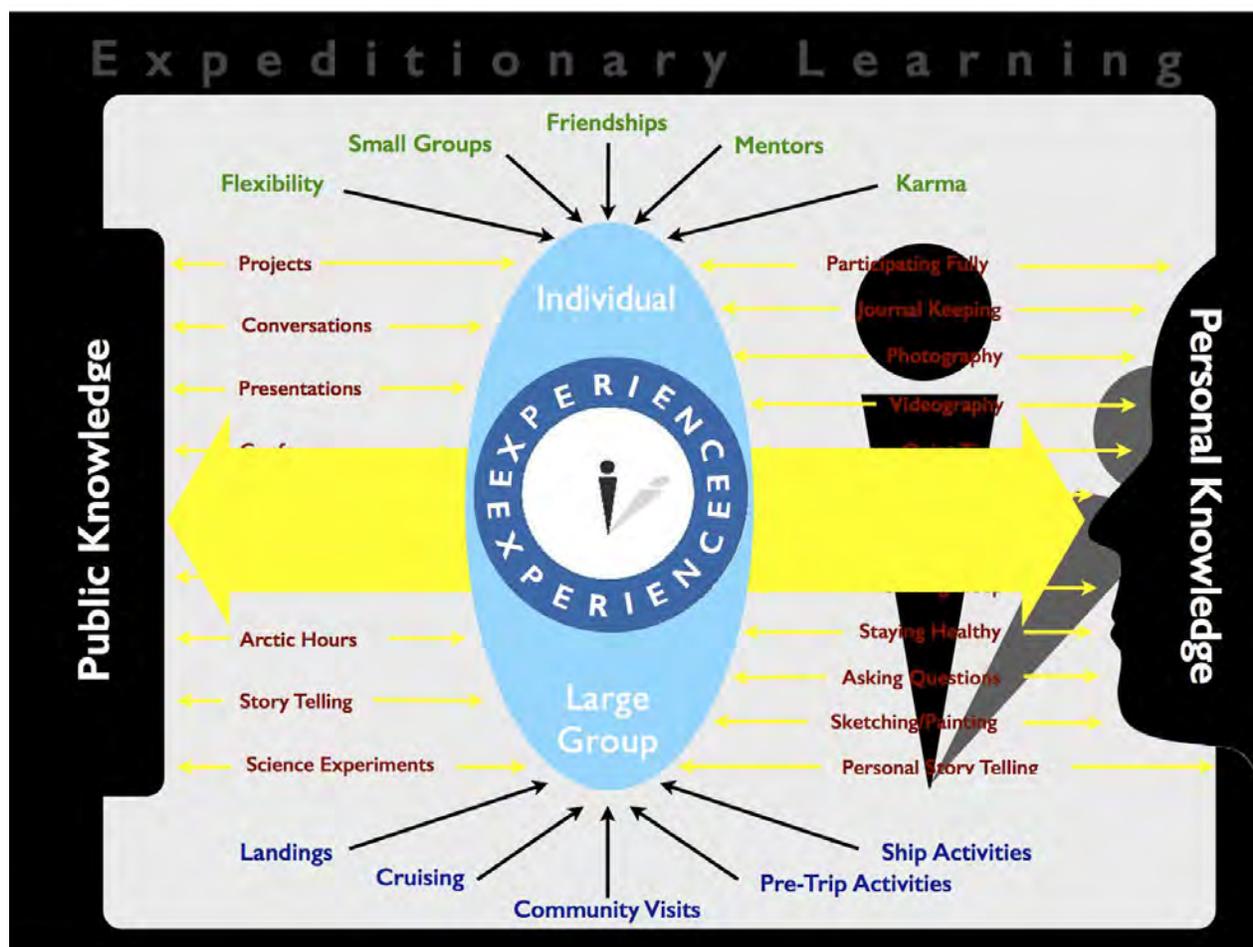


The Arch of Experience

To start you on your journey of personal development, we want to bring you back to your expedition frame of mind with a framework for personal reflection from SOI educator James Raffan.

Expeditionary Learning: Public Knowledge & Personal Knowledge

You can use this infographic to remind you of what you learned on the expedition. You can see the different ways of engagement that created space for understanding, intimacy, and self-growth. You can continue to develop your personal knowledge and make your learning meaningful and relevant to yourselves and your communities.





The Arch of Experience

This image is to remind you of all of the different pieces that feed into your growth as a person. You can take risks, be patient, be optimistic... and all of these things contribute to you as an individual.



“To pass a torch in civilization, just as in a relay race, the person you are passing it to has to be ready to take it or else it will get dropped. It is the duty of all of us to say enough about what kind of a race we are in, and what are the rules of that race, before we pass the torch.”

Dr. Fred Roots

Legendary Explorer, Order of Canada



Step 1: Reflection *Returning Home*

Students experience a range of emotions upon returning home; there is no right or wrong way to feel after such a stimulating, deeply personal and otherworldly experience.



Here is what some alumni have noticed in the past:

“Since attending I have been more driven, more engaged, and more focused on environmental and sustainability issues. This motivation has allowed me to achieve more than I could have possibly imagined.”

Anonymous

“Alone, none of my friends seemed interested in what I had experienced and no one else around had shared it to understand my feelings. It took quite a while and encouragement from staff to make me feel like anyone was genuinely interested.”

Kerry MacKay (2009 Antarctic U)



Step 1: Reflection *Strategies for Reflection*

Reflection is the process of allowing your brain to process the wide range of experiences you've just had on expedition. In order to get the most out of your expedition...

- Think back to the **special moments** and how these may have impacted your interests and passions.
- Recognize the **knowledge** you now possess, and take note of what topics you'd like to dive deeper into.
- Contemplate the lessons you learned, and how your **perspectives** may have shifted.

When you feel ready, identify the method of reflection that will be the most effective for you. Here are some strategies that can help you best capture your memories and express your emotions:

- 1) *Write in a journal, on a blog, or for a news outlet*
- 2) *Read over notes taken during workshops*
- 3) *Sort through and edit your photos and videos*
- 4) *Record a verbal journal or podcast*
- 5) *Read other students' blogs on the SOI website*
- 6) *Create art like drawings, paintings, songs or poetry*
- 7) *Share stories and photos with friends and family*





“Write it down! Even random strings of thought. Go back and review weeks, months, and years later. You will be amazed how influential those passing thoughts can be on your long term career path and personal development.”

Glynis Frey (2009 Antarctic U)



All that said, keep in mind that before actively starting the reflection process, it is equally valuable to give yourself time to do nothing at all.

“In order to draw the comparisons between how we lived before, during, and after expedition, we must first allow the 'after' to fill us. Such an emotionally heavy and knowledge-rich experience as Students On Ice merits some time for letting it sit.”

Grace King (2015 Arctic)





Step 2: Connection *Connecting with Yourself*

Becoming self-aware will help you make connections between the topics you are passionate about, and the skills and interests you have (or would like to work on). For example...

- **Musicians:** how about holding a concert and donating the money to a community group of your choice?
- **Visual artists:** how about hosting a painting/photography exhibition to raise awareness about a specific issue?
- **Outdoor enthusiasts:** can you advocate for the cleanup of your favorite outdoor space?

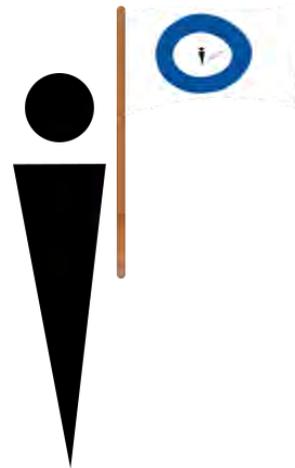
Many alumni have found that after reflecting upon memorable expedition moments, their perspectives have changed.

“One of my favourite moments on my SOI expedition was when I got to talk to Willy an Inuit elder who told me about the first time he met someone from the developed world when he was a child. This thought of great changes in a short period of time, gives me a little hope that we could do the same in our current society if we had the support and will to change the way we live.”

Anonymous

“In Nunavut when we were climbing a mountain I was tired but looking at my friends going up without giving up that I realized that if you keep trying that you can finish anything no matter how hard it is.”

Par Josephee (2015 Arctic)





Step 2: Connection *Connecting with Others*

There are many benefits to staying in touch with fellow alumni post-expedition.

- It facilitates continued sharing of perspectives, ideas, and knowledge.
- Mentors can teach through stories of successes and challenges and direct you towards new opportunities that align with your interests and skills.
- Networking promotes collaboration and community engagement.

The Students on Ice Alumni Program offers a variety of platforms for alumni to build and maintain their networks:



Facebook

- A platform for social connections
- Share news and opportunities



LinkedIn

- A supportive professional community
- Endorse each other's skills
- Share opportunities for career development



Portal

- Create and maintain a profile
- Search and view other profiles
- Connect with alumni from all expeditions
- Access a database of opportunities



Mentorship Program

- Mentees receive guidance from a more experienced alumnus
- Mentors teach and guide younger alumni
- Achieve personal, professional or project goals



Chapters

- Connect with other alumni in your hometown or city of residence
- Start a local chapter



Alumni Council

- Work with fellow council members to assist in the execution of Alumni Program components

"I believe networking is key to getting involved in any field of interest. No one is going to hand you what you want on a silver platter, you have to involve yourself and talk to others that have similar, or different interests."

Atdhetare Ame (2013 Antarctic)

"It was a connection made during the Arctic 2009 that became my key reference for my first university summer job. That 2010 summer spent in Whitehorse exposed me to exciting and stimulating work in public policy, namely the opportunity to speak with government employees across the country working on setting greenhouse gas (GHG) emission targets for their respective provinces and territories."

Anonymous



Step 3: Engagement *Possible Actions*

There are so many different ways to make positive changes to your own life and at the community level. Here are some suggestions:

INDIVIDUAL ENGAGEMENT

<u>Goal</u>	<u>Possible Action</u>
Reduce negative environmental impact	<ul style="list-style-type: none">→ Reduce greenhouse gas emissions by reducing electricity and fossil fuel consumption→ Reduce water consumption and waste production→ Reduce water and soil pollution
Stay informed about the poles/global issues	<ul style="list-style-type: none">→ Read books, newspapers, magazines, your pre-expedition educational material, the SOI blog, and major polar reports (such as reports from the IPCC and ITK)→ Take charge of your own education and lifelong learning
Promote your own mental health to realize your own potential	<ul style="list-style-type: none">→ Engage in self-care (talk to others, exercise, eat well, sleep, journal, positive self-talk, positive environment to relax in...)→ Achieve a work-life balance→ Learn about the signs and symptoms of mental illness to recognize them in yourself and others→ Be aware of the resources (crisis phone lines, etc...) available to you

“My expedition allowed me to connect to the intrinsic things that construct the fundamental aspects of life, such as the arts, history, others This inspired me to dedicate my personal resources in these areas, and less so in the instrumental things that often create a disconnect from the fundamental aspects on life.”

Patrick Hickey (2014 Arctic & 2014 Antarctic)



LOCAL ENGAGEMENT

Goal

Possible Action

Raise awareness about important issues

- Give a presentation at your school/community centre or at a public event on your experience with Students on Ice and/or an issue of concern to you
- Organize a campaign (featuring an informational booth, posters, brochures, a guest speaker...)
- Ask your teacher if your class can do a project relating to the polar regions
- Write an article for the local newspaper, arrange an interview, arrange for the media to attend your awareness activities
- Start a written or video blog
- Raise awareness through visual arts, music, or theatre

Take direct action in your school or community

- Start a school club
- Organize an event (e.g. clean up, walk or bike to school day...) and advertise on local media
- Lobby your school/community to create new policies (e.g. send letters, create petitions, or deliver a presentation to your local leaders)
- Become a peer mentor

"My expedition helped me to realize that government and government organizations do care about making meaningful impact on youth's lives. The response I got from my community and local governments inspired me to continue with my passions, and to always, always approach my government representatives when attempting to make a dream a reality."

Caitlyn Baikie (2014 Antarctic)



NATIONAL/INTERNATIONAL ENGAGEMENT

Goal

Voice your opinions on an international stage

Possible Action

- Participate in youth delegations to international conferences
- Use social media and blogging platforms to spread messages
- Forming initiatives across a nation or globe involving different youth representatives to achieve common goals

The Students on Ice Alumni Program offers a range of programs to support alumni on their path towards further engagement on the individual, local, and national/international level.



Students on Ice Website

- Browse Alumni Stories, Project Successes and News & Media to gain inspiration



Polar Catalyst

- Start a crowdfunding campaign to share your project throughout the SOI network



Polar Ambassadors

- Share your stories and knowledge about the polar regions



Alumni Media

- Advocate for issues you care about through digital media

Here are a couple brief examples of SOI alumni who have become positively engaged in their national and global communities post-expedition!

For more inspiring Alumni Stories, visit our website:

studentsonice.com/success-stories/alumni-stories/

And be sure to update Students on Ice with your own stories!

Graham May (Arctic 2008)

- Cycled across Canada during the summer of 2012
- Led workshops for 680 students and raised \$7600 for environmental projects along the way through his organization GrassRoutes



Eden Full (Arctic 2009)

- Created SunSaluter, a technology that uses dripping water bottles to rotate solar panels to face the sun, and produces clean water as a byproduct
- Distributed this invention in 16 developing countries





Cason Crane (Arctic 2008)

- Became the first openly LGBTQ person to climb the highest peak on each continent
- Created the Rainbow Summit project which has raised over \$135,000 for LGBTQ suicide prevention



Step 3: Engagement *Goal Setting & Overcoming Obstacles*

When setting short and long-term goals to commit to engagement, for example through the methods suggested in the previous sections, make them “SMART” to give yourself the best opportunity for success.

Specific *What exactly would you like to achieve, and how will you achieve it*

Measurable *Determine how you can track your progress, and know when you’ve succeeded*

Attainable *Map out all the logistics needed to achieve this goal, and modify the goal to ensure you can cover all the details*

Relevant *Ensure the goal aligns with your passions*

Timely *Set a timeline for the progression of the goal, and a deadline if appropriate*



Often when there is an obstacle in between you and your goal, it becomes difficult to see any way out. It is important to persevere:

<u>Obstacle</u>	<u>Possible Solution</u>
Lack of experience, knowledge or skill	<ul style="list-style-type: none">→ Find a mentor through SOI's Mentorship Program→ Talk to a parent, elder, teacher, or other trusted adult→ Collaborate with organizations doing similar work→ Reflect on your progress and areas for improvement
Lack of infrastructure or resources	<ul style="list-style-type: none">→ Reach out to community centres and businesses for donations of funds or room rentals, etc...→ Use SOI's Polar Catalyst and Fundraising Toolkit
Team dynamics	<ul style="list-style-type: none">→ Ensure everyone's roles are well-defined→ Ensure volunteers are recognized→ Keep records of your contacts, methods, and achievements for all team members to access
Lack of publicity or public support	<ul style="list-style-type: none">→ In towns with small populations, using social media to spread your message to a broader audience→ Engage community to learn what their needs are→ When asking for the participation of community members, make their action as natural and fun as possible
Personal motivation	<ul style="list-style-type: none">→ Reflect back to expedition moments that inspired you in the first place





Here are some obstacles SOI alumni have dealt with while achieving their personal development and community engagement goals:

“Because unfortunately we live in a world where we put the economy over the environment and profit above people, so sometimes you get overwhelmed and discouraged. And honestly that has happened to me many times, but it’s important to just keep trying and working towards your goal.”

Jasveen Brar (2014 Antarctic & 2016 Arctic)



“Every discouragement, conflict and struggle I have faced in my attempts to make positive change have been worth it because of the preciousness of the poles and its protectors.”

Alana Krug-MacLeod (2011 Antarctic & 2012 Arctic)

“The size and magnitude of the planet often overwhelms me to the point where I feel insignificant in my personal actions. Only recently, though, has the effect that SOI has had on me become apparent, where I have tried to explore my role as a citizen of the planet in different ways.”

Anonymous

“Learning to reflect on memories, finding what you are passionate about knowing to accept rejection and how to grow from it, make scary big dreams into not-so-scary-achievable big dreams.”

Eva Wu (2014 Antarctic)



Final Words

Thank you for taking the time to read this guide! Please don't hesitate to reach out to alumni@studentsonice.com with any questions, updates on your initiatives, or ideas for how the Students on Ice Alumni Program can better support you. Best of luck with all your future endeavours. In the expedition spirit...

