

**Katimavik**



*For immediate release*

## **A year on with Katimavik, from Mount Pearl to the far corners of Canada**

Montréal, September 13, 2006 – Next September 20, Jessica McDonald from Mount Pearl will begin her Katimavik experience. Katimavik is a volunteer-service program for youth aged 17 and 21 who want to make a difference and live a unique experience. During nine months, Jessica will acquire valuable skills through volunteering and group life, all the while discovering three communities: Ingersoll in Ontario, Québec in Québec and Truro in Nova Scotia.

Jessica has chosen to step out of the ordinary and take a year to broaden her horizons. With Katimavik, she will volunteer about 30 hours a week for non profit organizations in each of the communities. Re-building hiking trails, assisting day-care teachers, helping create a new Web site are a few examples of the work projects available. As a result, she will gain experience, discover different work environments, improve his knowledge of the official languages and directly contribute to improving the many services offered to the communities. Everyday life will consist of living with ten other youths and a project leader in a house rented by Katimavik. The project leader will supervise the activities and will ensure the program's implementation. An all-round experience that will help her make smart decisions about her future!

“My work project let me organize a fundraiser-talent show and that was a BIG confidence booster for me. I realized that I was a good public speaker and presented information well. I would now like to make the most of these assets in the environmental field.” – Heather Lee, 2005-2006 participant

The Katimavik program is based on the concept of service learning, which integrates both personal and professional development through volunteer work for non profit organizations and group life. During the nine months, each Katimavik participant contributes an average of 900 hours of volunteer work to community partner organizations. Also, participants benefit from a learning program that focuses on five components: developing leadership skills, official languages proficiency, protecting the environment, cultural discovery and a healthy lifestyle.

Since 1977, more than 27,000 young Canadians have participated in the Katimavik program, developing their sense of civic responsibility and gaining self-confidence. Katimavik's goal is to form responsible citizens who will contribute significantly to Canadian society.

**DOING. LEARNING. BUILDING A NATION... ONE COMMUNITY AT A TIME.**

*The Government of Canada, through the Department of Canadian Heritage, is proud to provide financial assistance to Katimavik.*

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### **For more information**

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