

| CULTURAL IMMERSION  | DESCRIPTION   |
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| <p><b>Granville Island</b><br/>A taste of local art, food &amp; drink</p>   | <p>Located in an urban, waterfront location, Granville Island is Vancouver’s premier artistic and cultural hub, steeped in fascinating industrial and maritime heritage. The charm of Granville Island lies in its unexpected mix of uses. The famous Public Market, open daily from 9 am to 7 pm, is home to more than 50 independent food purveyors and contributes to the Island’s appeal as a renowned culinary destination, while in the Net Loft Shops and Railspur District, many of Canada’s best artists and designers can be found. Operationally self-sustaining, Granville Island is home to more than 300 businesses employing more than 3,000 people.</p> <p>On this tour you will enjoy a taster of some of the art, as well as local food and drink culture on Granville Island. You will meet a local artist, then move on to learn about the making of distilled spirits and end with a delicious locally-sourced bite.</p>   |
| <p><b>Public Art</b><br/>Building a Festival and a Story Of Reconciliation</p>  | <p>Vancouver Mural Festival is a registered non-profit dedicated to artistic and cultural development in the Lower Mainland. Their annual festival takes place for a week in August, and they work throughout the year with neighbourhoods in the area to highlight their local culture and vibrance. This creation of permanent large-scale public murals provides a platform for Vancouver’s diverse art scene to contribute to the city’s cultural legacy. It also serves as a catalyst for addressing many of the socio-cultural issues facing the city and artistic communities.</p> <p>While exploring some of the key installations along Vancouver’s hip Main Street corridor, you will have an opportunity to learn about Visual Sovereignty and garner a greater understanding of culture erasure and the re-Indigenization of public space.</p>  |
| <p><b>An Innovative Enterprise</b><br/>Hospitality meets Indigenous Art to support a community</p>  | <p>Skwachàys Lodge and Residence is a unique enterprise created by the Vancouver Native Housing Society, located in the heart of Vancouver’s historic downtown. The building comprises an extraordinary Boutique Hotel, a fair trade Indigenous Art Gallery, and an Indigenous Artist Residence. Using a unique Social Enterprise Model, funding for the 24 Indigenous Artists Residence comes directly from the operation of the two social purpose businesses. So when a guest spends their overnight travel dollars in the Lodge, or purchases authentic Aboriginal art at the Gallery, there is a social impact - people are housed, and cultural misappropriation is fought, ensuring that Aboriginal artists are paid fairly for their work. The Lodge is Canada’s first Indigenous arts hotel, offering guests an authentic experience whilst providing the highest quality service.</p> <p>During this tour, you will hear from some of the resident artists and learn about the impact of the program in supporting artists and enabling them to collaborate with their peers.</p>   |
| <p><b>A 'Natural' Education</b><br/>How Nature Empowers At-Risk Youth</p>   | <p>Take a Hike works in partnership with local school districts and communities to re-engage youth in high-school, help them overcome their barriers to success and graduate with their Dogwood Diploma. They do this by focusing on the core high-school curriculum, while engaging students with a unique classroom environment, adventure-based learning and community involvement. A therapist spends all day, every day, including long wilderness trips, with each class of up to 20 students, and is there to guide students as they experience seemingly insurmountable challenges. At the heart of Take a Hike’s transformational changes are the deep relationships formed among students, staff members and the community. Annual performance metrics show that Take a Hike students demonstrate markedly increased attendance (most students double their pre-Take a Hike attendance levels), pro-social behaviours, well-being, and social-emotional skills. Take a Hike’s graduation rates - averaging 80% - are close to graduation rates for mainstream high-school (83.6%) and much higher than students identified as special needs by the BC Ministry of Education (67%).</p> <p>While enjoying the jewel of Vancouver, Stanley Park, you will enjoy an ecotour under the canopy of a temperate rainforest and learn more about the power of the outdoors from the Take a Hike program. Please make sure to dress appropriately with walking shoes and rainjacket/umbrella where appropriate.</p>  |
| <p><b>Sustainability In The Event Industry</b></p> <p><b>Tour 1</b><br/><b>Hives for Humanity:</b><br/>A Bee-Keeping workshop at the Vancouver Convention Centre</p> <p><b>Tour 2</b><br/><b>Sustainable Food for Events:</b><br/>The Food Bank and Sustainable Food Options at the Vancouver Convention Centre</p> | <p>The Vancouver Convention Centre is a pioneer of environmental sustainability. Incorporating a double LEED® Platinum certified facility, integration of the latest green technologies, as well as the adoption of green operating practices, it is committed to sustainability. One of their most notable features is The West building’s six-acre living roof - the largest in Canada - featuring more than 400,000 indigenous plant and grasses. This unique roof is designed to act as an insulator, reducing heat gains in the summer and heat losses in the winter. The roof is also home to four beehives, helping to pollinate the roof plants while also supplying honey for the ‘scratch’ kitchen. Below is as impressive as above, with a restored marine habitat built into the West Building’s foundation. Water quality in the area has improved dramatically, with the growth of a large variety of sea life. There is also a sophisticated black water treatment plant for toilet flushing and rooftop irrigation, while adjacent seawater is capitalised on for heating and cooling.</p> <p><b>Tour Option 1 - Hives for Humanity: Beekeeping Workshop</b><br/>During this tour you will learn about the VCCs apiary partnership, and deepen your understanding of the relationship between plants, bees, food and community. You will also get to experience the diversity of Vancouver through a flight of local honey including VCC honey.</p> <p><b>Tour Option 2 - Culinary behind the scenes: Presentation from the Food Bank</b><br/>On this experience you will learn more about the Food Bank and how to plan event menus that maximize opportunities for donation acceptance. You will discuss sustainable food options with the VCC’s Culinary Team, learning more about their approach to selecting sustainable food options.</p> |
| <p><b>A Chinese Immersion</b><br/>Garden Tour, Tai Chi and Calligraphy at the Sun Yat-Sen Classical Chinese Garden</p>  | <p>Amid the noise and pace of the city, nestled behind high white walls in Vancouver’s bustling Chinatown, rests the exquisite Dr. Sun Yat-Sen Classical Chinese Garden. Rated by National Geographic as the #1 Urban Garden, it is a true haven of serenity - a photographer’s dream - a place like no other. The garden is alive with sound, color, and joy.</p> <p>You will enjoy a tour of the gardens with a Garden Docent, learning how this garden came to life and the important role it plays within the Chinese community. You will then try your hand at Tai Chi and Chinese Calligraphy. A true cultural experience to ring in the new Lunar Year.</p>  |
| <p><b>Chinatown</b><br/>Explore Cultural and Culinary Diversity in Vancouver’s thriving Chinatown</p>   | <p>Becoming a National Historic Site in 2011, Vancouver’s bustling Chinatown is a treasure within the city, a must see for everyone to experience cultural and culinary diversity. Established over a century ago, the Chinatown community has always been a place of culture and local-serving business.</p> <p>Your Adventure begins at the Dr. Sun Yat Sen Classical Chinese Garden, then winds through diverse specialty shops and merchants featuring products from crispy skin ducks, barbequed meats, live seafood, delicate pastries, teas, herbal remedies &amp; cookware supplies. Keep an eye out for off-duty chefs who love to shop for themselves here, choosing from the freshest local and exotic fruits, vegetables, seafood, and meats. You will get to taste some of these exotic delicacies as you go!</p>  |
| <p><b>CurliQue</b><br/>Reveal Your Best Self</p>  | <p>Today embark on a workshop to ‘Reveal Your Best Self’. Prior to the full group arrival, 4 selected representatives will be chosen to experience a makeup/skin application with CurliQue team members. The full group will then arrive and have the opportunity to discuss what it actually means to reveal your true self, as well as discuss topics such as inclusion and diversity and how to express personal authenticity.</p> <p>Located in the heart of downtown Vancouver, CurliQue Beauty Boutique is for those who love discovering the best in beauty. With a carefully selected collection of beauty products, the store is staffed by top professional makeup artists and skincare specialists who provide exceptional knowledge, artistry and service with thoughtfulness and care.</p>   |
| <p><b>Soul Cycle</b><br/>Health, Mindfulness, Spin Class</p>  | <p>Soulcycle was founded in 2006 with the mission to bring Soul to the people through an inspirational, meditative fitness experience that’s designed to benefit the body, mind and soul. Set in a dark candlelit room to high-energy music, riders move in unison as a pack to the beat and follow the signature choreography of instructors. The experience is tribal. It’s primal. It’s fun.</p> <p>Your experience will begin with 30 minutes talk about health and mindfulness. After this you will undertake a 45 minute Soul Cycle Spin Class. Please arrive to this experience already suitably dressed for the spin class.</p>   |
| <p><b>Vancouver Stadium Tour</b><br/>BC Place &amp; Rogers Arena</p>  | <p>Get a behind-the-scenes look at two of the premier sports and entertainment facilities in North America with a BC Place Stadium and Rogers Arena tour. BC Place is a state-of-the-art venue like no other. A one-of-a-kind retractable roof - the largest in the world - reveals over 7,500 square metres of sky and has created a year-round facility for world class events in beautiful British Columbia. As host of the 2010 Opening and Closing Ceremonies, experience all this arena has to offer.</p> <p>Then make your way over to Rogers Arena where, for over 15 years, they’ve thrilled and entertained fans from all over the world, staged the best of the best in entertainment and sports, and welcomed over 25 million fans through our doors. Experience first-hand the “cathedral of hockey” that brings in millions of fans to see the Vancouver Canucks live, and where history was made when the Canadian women’s and men’s hockey teams fought their way to victory during the Vancouver 2010 Olympic Winter Games.</p>  |