

WINTER INTEGRATION CASE STUDIES



MONTREAL, QUEBEC

Population: 1,704,694

Average annual snowfall: 83 inches

Organization: Milton Park Recreation Association

Program: The Intercultural Outdoor Recreation Program

Duration: about 75 outings throughout the year

Description:

- Organizes activities that are accessible to new Canadians even if they do not have a car, specialized outdoor equipment, prior experience, or a large discretionary income.
- Activities include hiking, cross-country skiing, snowshoeing, skating, and nature appreciation.
- Three goals: foster intercultural understanding, promote the integration of new Canadians, and increase accessibility to outdoor recreation in Montreal.
- Around 500 participants each year.

More information:

- <https://www.pleinairinterculturel.com/en/about-us/>
- Contact: info@pleinairinterculturel.com



EDMONTON, ALBERTA

Population: 1,004,947

Average annual snowfall: 49 inches

Organization: Edmonton Mennonite Newcomer Centre (EMNC)

Program: Wintegration

Duration: various times throughout Winter

Description:

- Various family activities are held throughout the winter season for new immigrants, such as skiing, skating, snowshoeing, hiking, curling, and sledding.
- Gives attendees the opportunity to meet people from diverse backgrounds and gain a new appreciation for the outdoors, despite the cold weather.

More information:

- http://emcn.ab.ca/newcomers/empowered_communities/community_events.html
- Contact: mtaylor@emcn.ab.ca



TORONTO, ONTARIO

Population: 2,956,024

Average annual snowfall: 48 inches

Organization: CultureLink

Program: The Wintegration Program

Duration: December to mid-April

Description:

- Part of CultureLink's NEAT (Newcomers Explore and Appreciate Toronto) Mentorship Program, which helps new immigrants and convention refugees obtain hands-on "Canadian Work" experience in event planning and management.
 - New immigrants are paired with mentors and work as a team to develop free guided tours and activities for Wintegration over the course of 4 to 6 months.
- Offers opportunities to new immigrants to participate in outdoor winter activities with the purpose of showing that it is possible to stay active year-round in Canada.
 - Through this program, participants can explore Canadian culture, learn or improve a winter skill, increase their well-being, meet new people, and have quality active time with their families.

More information:

- <https://www.culturelink.ca/services/health-and-recreation/wintegration/>
- Contact: NEATwalks@culturelink.ca

