



984 PORTAGE AVE. WINNIPEG, MB R3G 0R6	EXPERIENCEMOMENTA.COM
	T / 204.808.9722
ENTRANCE ON AUBREY ST.	F / 204.415.4327

The Mac Trek Registration Package

The Mac Trek offers free canoe trips for youth in care to commemorate Mac (1998-2015). Mac was a young man who showed immense compassion and shared a positive attitude with everyone he met. To carry his spirit forward, we will be hosting canoe trips (led by Momenta, experiencemomenta.com) where young people can find a connection to the wilderness, and friendship.

There is one canoe trip this year from August 7 to 9, 2019. The trip will take place in The Whiteshell Provincial Park.

Please return this registration package by June 24, 2019, we have 7 spots on the trip and spots will be given on a first come, first serve basis.

Forms can be mailed, faxed or emailed to the following address:

Momenta
984 Portage Ave.
Winnipeg, Manitoba
R3G 0R6
FAX 204-415-4327
lise@experiencemomenta.com

Participants Full Name: _____

Date of Birth: _____ Phone Number: _____

Name of the Person who helped you with this form (if any): _____

Relationship to you: _____ Phone number: _____

Three reasons why you are interested in going on a canoe trip: _____

Camping and Outdoor Experience	YES	NO
Have you ever been in a canoe?		
Do you know how to swim?		
Have you slept in a tent?		
Have you swam in a lake?		
Do you like being outside rain or shine?		

Personal Skills
<p>What are three of your strengths and how would you use them on a canoe trip?</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>Do you have any goals you want to accomplish while participating in the canoe trip?</p>

Interpersonal Skills	YES	NO
<p>On a canoe trip, you live, eat and work with the same people. Is this a setting you would be successful in?</p> <p>If yes, please give an example of a time when you were successful in a group.</p>		
<p>Do you get along with adults?</p> <p>If yes, please give an example of a time you worked well with an adult.</p>		
Interpersonal Skills	YES	NO
<p>Do you get along with peers?</p> <p>If yes, please give an example of a time you worked well with a group of peers.</p>		