

Planning Your Field Trip with Experience Métis

2025–2026



This guide provides key information to help teachers, supervisors, and students prepare for a meaningful and enjoyable cultural learning experience with Experience Métis.

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Information for Teachers and Supervisors:

We look forward to sharing a meaningful land-based cultural learning experience with your class. Thank you for including us in your field trip planning.

To help ensure a smooth and respectful visit, please consider bringing additional adult supervisors. Many students are more accustomed to indoor environments and may need reminders about appropriate behavior in outdoor and public spaces.

Teachers and supervisors are responsible for student behavior throughout the visit. Supervisors play an essential role in crowd control during breaks and in guiding students to be attentive and respectful during programming.

Your group's knowledge keeper or culture guide will share stories and insights about the land, plants, animals, and people in the area. These teachings come from years of community-based learning and are often accompanied by personal items or family heirlooms. Please encourage students to show respect by listening attentively and handling any items with care.

Activities may include sitting on the ground or logs. A small blanket or plastic sheet is helpful in case the ground is damp. Please help students manage their waste responsibly by using garbage bins or packing out litter.

Washroom availability varies by location and may require walking up to 8 minutes each way. We encourage bathroom breaks during scheduled times rather than during sessions.

To maintain a respectful and inclusive atmosphere, please remind students to avoid loud behavior, blocking pathways, or interacting with pets. City parks are shared spaces.

Free time is a great opportunity for movement breaks—feel free to bring simple sports equipment like kickballs or hula hoops.

What to Bring – For Students

Calgary weather can be unpredictable, and we may run into light rain or snow, temperatures as low as -10°C or windy weather. Please dress appropriately for the season and prepare for varying temperatures and conditions. We may be outdoors for up to four hours without shelter.

Items to Bring:

- A lunch that is easy to eat outdoors, plus extra snacks
- A large water bottle (or two)
- Any required emergency medications (e.g., EpiPen, inhaler)
- On cool days:
 - Layered clothing and a warm winter jacket
 - Insulated pants (without rips)
- Winter boots and warm socks
- Hat, gloves/mittens, and a blanket for sitting
- On warm days:
 - Sunscreen, sunhat, and a windbreaker
 - Comfortable walking shoes (up to 2 km)
 - A full water bottle for each participant

Location Information

Field trip locations will be confirmed by email after your booking is received.

You may choose from our recommended sites or suggest a location in a city park or on school property that accommodates your group size and needs. Our recommended sites include bus turnaround loops; however, not all locations offer washroom facilities.

If selecting a custom location, please ensure it has the necessary amenities such as bus access, washrooms, and accessibility features. We strongly recommend booking transportation early, especially during peak months (May and June).

No bus? No problem. We can deliver programming in your schoolyard, classroom, gym, or a nearby park within walking distance.

Health, Safety & Weather

Health:

Please ensure all student needs—such as medications, mobility aids, and dietary considerations—are managed as they would be on a regular school day. If any students have mobility needs that may affect participation, please let us know in advance.

We recommend additional supervision for students who may require extra support. Parents are always welcome to attend as volunteers and are an important part of our inclusive and respectful learning environment.

Safety:

Our top priority is providing a safe and enriching experience for all participants. Supervisors should ensure students are appropriately dressed and equipped for outdoor learning.

Experience Métis maintains an Emergency Action Plan to support participant safety. A detailed Safety & Weather Plan is available upon request.



Weather:

In the event of severe conditions—such as high winds, snow, rain, smoke, or temperatures below -10°C—we will contact you to reschedule or relocate the program indoors at your school.

Calgary weather can change quickly. If you have concerns about weather conditions, please reach out before your scheduled visit to discuss alternative plans.

Cultural Protocol

In Indigenous traditions, protocol is a symbolic gift presented to a knowledge keeper or Elder as a gesture of respect and gratitude for sharing cultural knowledge.

We honor this tradition and encourage you to bring a small protocol gift to help educate students about Métis cultural values. Tobacco is a traditional protocol gift. Offering a small amount wrapped in cloth at the beginning of the session provides an opportunity for discussion about cultural practices and modern health considerations.

A non-perishable food item is also an appreciated alternative, and all food protocol items will be donated to the Calgary Food Bank.

To learn more about Indigenous protocol, we recommend this [Carleton University guide] (<https://carleton.ca/indigenous/resources/working-with-indigenous-communities/>).

Payment Information

An invoice will be sent to the email address provided after your booking is confirmed. Payment details and instructions will be included on the invoice.

Payment can be made via e-transfer to info@experiencemetis.ca, by cheque, or through Stripe. Credit card payments require a digital invoice—please request one during the booking process.

Payment is due on the day of the scheduled experience.

Contact Us

For non-urgent inquiries, please email us at info@experiencemetis.ca.

For urgent or day-of concerns (e.g., weather or last-minute changes), please contact:

- Amy at 403-971-3060 (call or text)

- Kalyn at 403-437-1446 (call or text)

Maarsi (Thank you in Michif) for helping us share the richness of Métis culture with Calgary's students!