

CAP

AT HOME

WORKSHOPS



Build a Boat & Buoyancy

Cadets will learn how to construct a basic boat structure using local household items, while learning about the principles of buoyancy and weight distribution.

Rockets

Cadets will dive into the history and future of the space exploration program. You will build a rocket using household items while learning the basics of how a rocket functions.

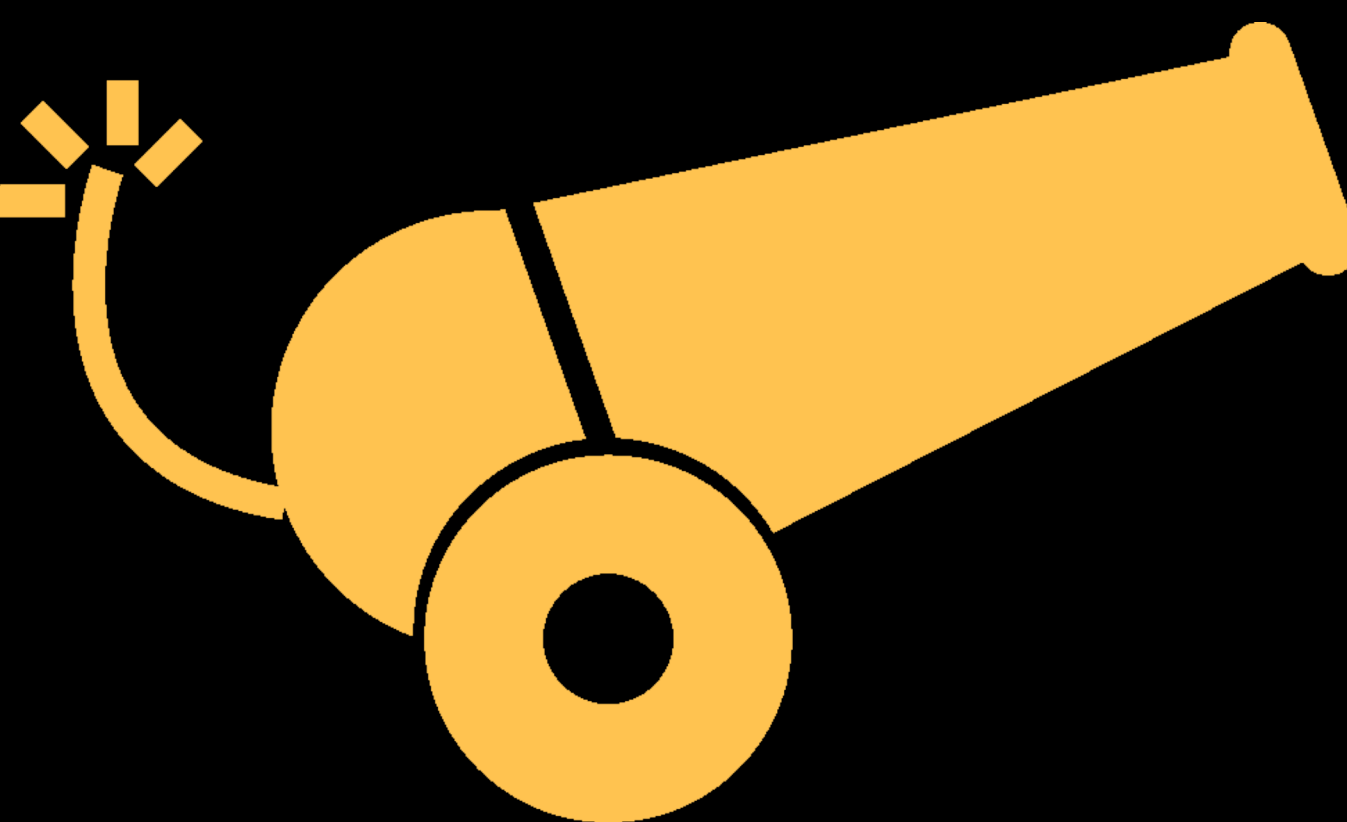


Photography

Photography will be delivered in 4 unique sessions: basics of photography, composition, storytelling and techniques. Cadets will also participate in a photo scavenger hunt.

Web Development

Over the duration of four sessions, cadets will learn the basics of how to plan, develop, create and maintain a personal website.



Op PALACI

Cadets will have the opportunity to join, in a virtual setting, the Canadian Armed Forces in action while conducting avalanche control in British Columbia.

Introduction to Music Notation and Rhythm

Cadets will learn about music notation (what music notes look like and how to read them). You will also learn to associate rhythms and notations with modern music.



Build a Temporary Structure

During this session cadets will learn about basic structure building and will have the opportunity to build a scaled version of a structure using household items.

Legislature Tour

Cadets will have the opportunity to join a BC Member of the Legislative Assembly, Maj Dan Davies, for a tour and discussion about provincial politics.

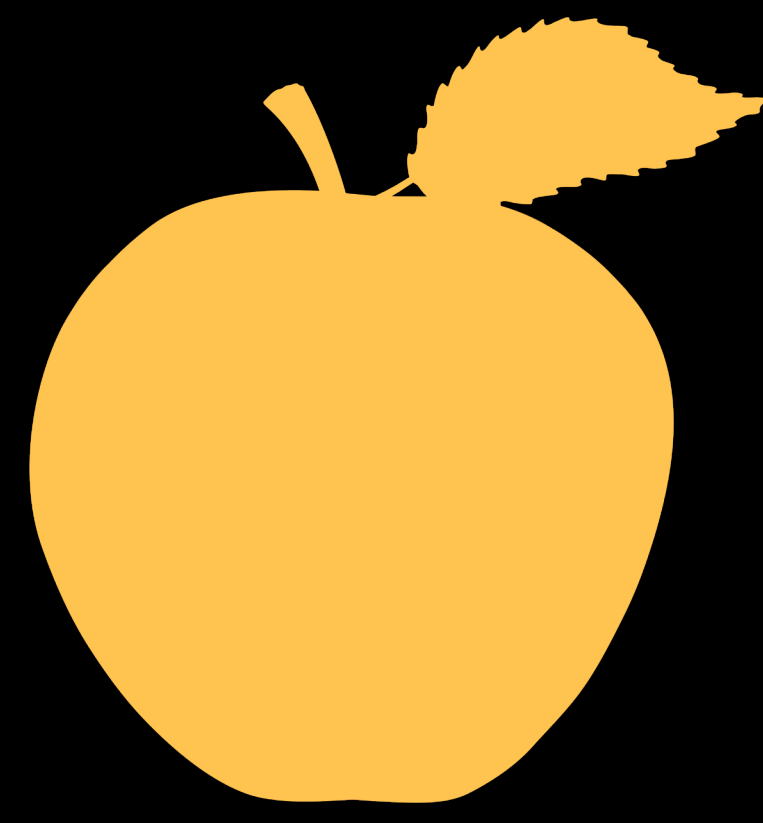


Survivor: Desert Island

During this session, cadets will talk about the principles of survival and take part in an activity where you will rank the value of articles given a survival situation.

Icebreakers

Cadets will go through some icebreaker activities that they can use at their Corps/Squadron, or in any other group they are part of. The objectives are to engage members of the group and create a general familiarity with each member.



Instructional Techniques

This workshop will be for cadets interested in learning more tips and tricks to plan and deliver periods of instruction.

Puzzles

This session does not have any cadet related topics but is filled with fun puzzles and challenges that will get your mind working in new ways.



Human Synergistics

During this workshop cadets will see the development of a group through a fun activity. You will develop and experience decision making, interpersonal factors, group behaviour and feedback on team performance.

SCOP Module 1 (PCOC)

This session will be open to cadets of any element. At the end of this 8 hour session there will be an exam, and if successful cadets will receive their Transport Canada Pleasure Craft Operator Card for boat safety.



PO 513 Workshops

Throughout the week cadets in their 5th year of training will have the opportunity to complete their required workshops. Cadets who have already completed this PO will have the opportunity to participate in additional workshops if they are interested.

Stress Management

This session will allow cadets to understand what stress is, and review techniques to reduce and manage stress. Note that this session will count towards PO 513 for those in their 5th year.

