HST309H1F

*Indigenous Health and Healing in the Six Nations: Experiential Learning and Dialogue*

Information 2017

# Overview

Health Studies and Indigenous Studies will be offering a 0.5 FCE excursion course entitled *Indigenous Health and Healing in the Six Nations: Experiential Learning and Dialogue*. Students will travel to and stay overnight for four nights in the Six Nations of the Grand River, the most populous First Nation reserve in Canada. With the assistance of Canadian Roots Exchange, Elders, and local educators, Indigenous and non-Indigenous students will engage in experiential learning and dialogue about health and wellbeing in this community.

The course involves group activities and site visits during November reading week, preparation during the preceding weeks, and complementary practical work and meetings after the trip.

* *Recommended Preparation*: at least 9.0 FCE’s.
* *Distribution Requirement Status*: This is a Social Science course.
* Course will be limited in size; Majors and Specialists in Health Studies and Indigenous Studies, and Indigenous students from any discipline, will have first priority for spaces.

**Each student is required to pay a portion of the cost of the trip, amounting to $450 per student, in addition to the regular course tuition fee**. The amount includes costs of transportation, accommodation, meals, and activities throughout the time at Six Nations. Some students will be eligible for bursaries to partially cover this cost.

To apply for the course, please submit the application enclosed (also available on the [Health Studies website](http://www.uc.utoronto.ca/healthstudies) and [Indigenous Studies website](http://indigenousstudies.utoronto.ca/)) to Prof. Sarah Wakefield, Director of Health Studies ([healthstudies.director@utoronto.ca](mailto:healthstudies.director@utoronto.ca)).

# Location

The field component of the course will take place in the Six Nations of the Grand River, approximately two hours southwest of Toronto. The Six Nations – Mohawk, Oneida, Cayuga, Seneca, Onandaga and later the Tuscarora – unified under the Great Law of Peace to form the Haudenosaunee Confederacy. These Nations were deeded a large tract of land along the Grand River by the British government, but much of this land was subsequently taken away, leaving the Six Nations with the current “reserve”. This populous and thriving community is actively working to maintain and enhance the well‐being of its people and to protect its languages, culture, land rights, and the environment. For more information on the Haudenosaunee Confederacy and the Six Nations reserve, see [www.sixnations.ca](http://www.sixnations.ca) and <http://www.haudenosauneeconfederacy.com>.

# Experience

Students in the class will learn about the history and current experiences of the Six Nations, and will have a chance to explore the many exciting wellness initiatives (broadly defined) taking place there. The course will include a mix of Indigenous and non-Indigenous students and facilitators from a variety of cultural backgrounds, and an emphasis on reciprocity, dialogue, and experiential co-learning is central to the course. University of Toronto students have previously travelled to Six Nations with Canadian Roots Exchange as an “alternative reading week”, however this is the first year a trip is being offered for course credit.

**In addition to the time at Six Nations, students are expected to meet four times prior to the trip and twice following it. These class meetings will take place at the University of Toronto. The class will meet on Tuesdays from 12-2PM.**

# At Six Nations

The dates for the excursion part of the course are:

Depart: **Monday November 6th, 2017**

meet at **07:30** AM at 15 King's College Cir. (University College). Vans will depart at 8:00 a.m.

Return: **Friday November 10th, 2017**

approximately 19:30 to University College (but will depend on traffic)

Travel will be in 7-passenger minivans. Accommodation is the [Bear’s Inn](http://thebearsinn.com/) at Six Nations; it is motel style and does not require a sleeping bag or bedding. If you have alternate accommodation in Six Nations or nearby the Inn, you may sleep elsewhere. We do not recommend long commutes as we expect students to be on time for the beginning of activities every day, and activities will also take place in the evening. Accommodations will be shared (2 students per room, separated based on gender), unless special arrangements are made. Three meals a day will be provided (breakfast, lunch, and dinner) but due to facilities, breakfast and lunches will not be hot meals (cereals, bagels, wraps, sandwiches, fruit etc). If you have special diet requirements (e.g., vegetarian, allergy related, etc.), they can be accommodated in most cases.

Please let us know when you apply if you will might require other assistance to participate (e.g., if you have mobility limitations or require child care).

# Packing List

1. Appropriate clothing and footwear for outdoor activities (e.g., warm and waterproof boots, rain jacket, sweaters or fleeces, winter coat and hat and gloves for cold and rainy days). We can expect a variety of weather and we will have many outdoor activities, so come prepared with layers that you can take off and put on to adjust to changing conditions. We will spend part of each day outdoors **regardless of weather!**
2. Pencils, pens and a note book
3. Many students bring along a laptop (although not required) as there is WiFi access at the Bear’s Inn and some reading can be done in the evening
4. A leak-proof water bottle
5. A backpack to carry your items around.

# Enrolling in the Course

You cannot register for HST309H1F using ROSI. The enrolment indicator for HST309H1F is “E”, meaning that the department will enrol only those people whose applications are approved. There are a limited number of spaces in the the course and so we cannot guarantee that all applicants will have a place. Once you are enrolled by the department, you must pay your tuition fees as you would any other fall course, as well as the additional course fee. You must be registered to participate.

There are **3**things you MUST do to register for the course.

1. Fill out the application form, available on the Health Studies website, and submit it via email to [healthstudies.director@utoronto.ca](mailto:healthstudies.director@utoronto.ca) **by July 30th.**
2. If your application is successful, we will invite you to participate and ask you to provide your payment of $450. A minimum down payment of $100 is required by August 20th to secure your place in the course. Once we have received at least the minimum payment, we will enrol you into the course, which will then appear on your ROSI course selections (please note that you must have sufficient course room in ROSI to allow your registration).
3. Once you are enrolled in the course, you will be asked to fill-out and sign a **field-work participation form** in advance of our departure.

If you have any questions, please contact Sarah Wakefield, Director of Health Studies, 416-978-3653, [healthstudies.director@utoronto.ca](mailto:healthstudies.director@utoronto.ca).