



# Travel for Change

## Outer Limits China Program



### Are you...

- A young woman (age 18 – 30)
- Interested in personal development
- Interested in exploring your identity as a woman in today's society
- Wanting to see change in yourself, your community and society

### Do you want an opportunity to...

- Set goals for yourself and achieve them
- Challenge yourself physically
- Be part of a team
- Learn about yourself and other cultures through travel
- See new things and learn new skills

Scadding Court Community Centre's Outer Limits China Program is about bringing together a group of young women who share these interests and goals. Participants must be willing to commit themselves to a group process of physical and personal development with the end goal of participating in an international athletic and cultural competition for women in China that includes hiking, mountain-biking, rafting, etc.

**This is about transforming your body and transforming the way you see yourself as a person and as part of your community.**

### To participate, you must...

- Live in the Toronto area (priority will be given to residents of the immediate community)
- Be willing to commit 6 – 8 hours a week between January – June 2010 for training and pre-departure training activities
- Be available to travel outside of Canada for 2 – 4 weeks in June 2010

### Want More Info?

Contact Kim Belle at 416-392-0335 or [kimberly@scaddingcourt.org](mailto:kimberly@scaddingcourt.org)

You can also contact Susanne Burkhardt at 416-392-0335 or [sburkhardt@scaddingcourt.org](mailto:sburkhardt@scaddingcourt.org)

Scadding Court Community Centre, 707 Dundas Street West (Corner of Bathurst and Dundas)