

ANNUAL REPORT NURRAIT | JEUNES KARIBUS

2022-
2023

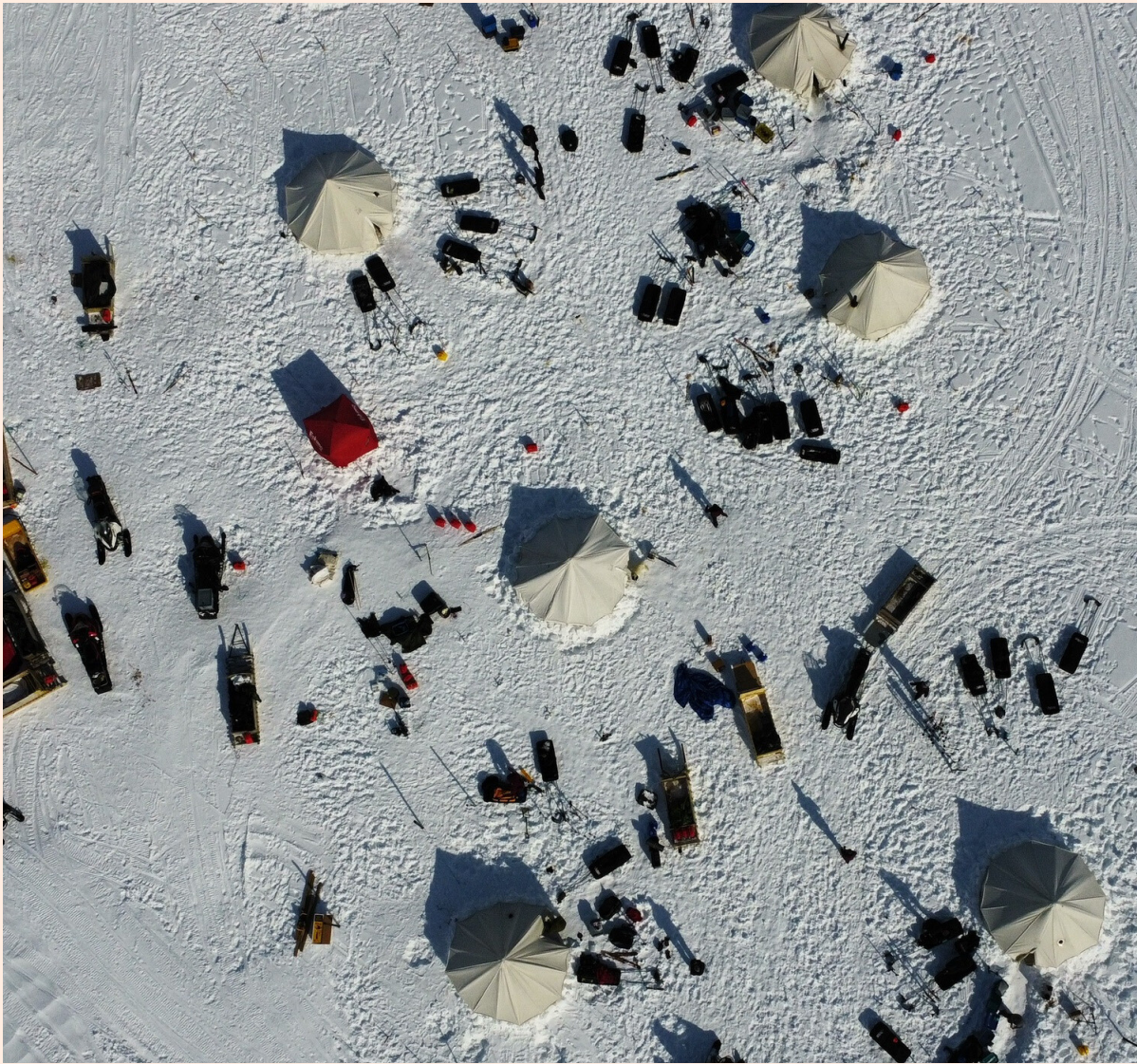


TABLE OF CONTENTS

3	5	14	16	19	22	24	26
Words from the Board of Directors and General Management	Presentation of the organization	Operational summary	Financial statement	Nurrait	Ikaartuit	Tuttuit	What's to come

BOARD OF DIRECTORS



This year marked the start of a new era at **Nurrait | Jeunes Karibus**. It was with great relief that we were able to get back on our feet following the pandemic years and ensure that our foundations were solid. Our team eagerly returned to the field, finally able to offer regional activities after this enforced break. This latest edition also confirmed the renewed interest in our programs among youth in the region. Once again, it also allowed us to continue asking questions and thinking about the best ways to meet the needs of Nunavik's youth.

Our board of directors is now enriched by the leadership of Joshua Nathan Kettler and Judith Naluiyuk, who have been involved with the organization for several years. With their vision and personal experience of our programs, they are providing our team with a valuable contribution to our ongoing quest for improvement. In addition to this progress, there has also been a major transition in the coordination team. Energy has been renewed and expertise complemented. Year after year, the commitment of the various people involved in our programs is a guarantee of success for our organization.

And what can we say about the support of our partners! Once again, we are grateful for the renewed trust you have placed in us. The implementation of our programs is the fruit of many collaborations and the sum of everyone's efforts on behalf of the youth of Nunavik. Thank you for continuing to believe in us, but above all for believing in them, our leaders of tomorrow.

Finally, how can we not mention these participants? They are our fuel, the meaning of our work and our involvement. It's your laughter, your stance, your journey that nourishes us. Thank you for coming out to play and share some of this journey with us!



Valérie Raymond, Pierre-Luc Vaudreuil, Julien Kominik, Nathan Kettler, Abby Corcoran, Karine Prévost et Judith Naluiyuk

WORD FROM THE MANAGEMENT

The Covid-19 pandemic seems a long time ago now. And yet, just a year ago, we were hoping to be able to relaunch all our programs without health constraints. We were able to reach out to the youth of Nunavik without fear of having to suspend activities in order to fulfil our mission of promoting the personal and social development of young nunavimmiut through outdoor intervention programs.

It is with great enthusiasm and energy that we are wrapping up the 2022-2023 edition of **Nurrait | Jeunes Karibus (NJK)**. More than 200 youth took part in one of our three programs, a figure we had not been able to reach since the start of the health crisis in March 2020.

The impact is so tangible and the feedback we receive so rewarding that it's an immense pleasure to be involved in this organization. **NJK** knows how to create a community spirit that brings people together and motivates them. This year's successes have been numerous and have only fuelled our ambitions for future editions. Our desire to reach out to more participants is reflected in our leadership in intervention through nature and adventure in Nunavik.

I would also like to mention the extent of the investment and dedication of **NJK's** partners. The coordination team was there when the time came to relaunch our programs.

More than ever, our volunteers are committed to the values of the organization and to the development of participants. Our relationships with activity partners are strong and have been built up over a number of years. Finally, our financial partnerships are well established and the organization's medium-term financial viability is assured.

We look back with satisfaction at the progress we have made in recent years. We're looking to the future, building on what we've learned and the rich experiences of the past. Above all, we continue to believe that the youth of Nunavik is extraordinary and full of infinite potential.



Hugo Dufresne
General manager

PRESENTATION OF THE ORGANIZATION

NJK is a non-profit organization and charity offering intervention programs to Nunavik youth since 2014. The organization offers three different nature and adventure intervention programs: *Nurrait*, *Ikaartuit* and *Tuttuit*. The principles of transparency, integrity, safety and respect for Inuit culture are guiding all of our action.

Mission

To promote the personal and social development of youth in Nunavik through outdoor intervention programs.

Values

We believe in commitment, solidarity, empowerment, positive influence and investment in the youth of Nunavik.

Vision

We believe that by reconnecting with nature, with themselves and with others, young nunavimmiut will be better equipped to fulfil their potential.



THOSE WHO MAKE THE ADVENTURE POSSIBLE

This year, we would like to recognize all of the people who make our programs possible, even though they are not part of the coordinating team. From the bottom of our hearts, thank you for believing in our mission, but above all for believing in the potential of the youth of Nunavik and contributing to their development.

Team leaders

The *Nurrait* and *Tuttuit* programs are made possible by a team of passionate volunteers. The volunteers take the responsibility for these two programmes in their respective communities. They have the opportunity to witness the development and achievements of youth, and to work with them outside the classroom, in the majestic territory of Nunavik. In 2022-2023, these 36 wonderful people devoted 3804 hours to their involvement with **NJK**. Most of these hours were invested in creating meaningful relationships with participants and experiencing unforgettable moments.



Jamie Boyle
Kuujuaq



Annie Cameron
Kangiqsujua



In my first year, I came up North to teach. In my second year, I came up North to be a Team Leader for NJK”.

-Abby Corcoran, Team Leader at Umiujaq



Local guides

The land is a lever for healing and reconciliation for the Inuit. Our outdoor intervention approach respects, values and uses the land as a tool to encourage positive changes in youth lives. The promotion of activities on the land, when done properly with Inuit leaders, is culturally adapted to the needs of participants.

This is why we always hire community members to guide us in the field, insisting on the importance of involving and consulting them. It is essential for us to leave space for traditional activities, guided by these knowledge bearers. We believe that no-one knows the ancestral territory better than they do, and we want to showcase their knowledge while enabling an exchange of information between the local guides and the participants.



Credit: Yoanis Menge



Credit: Yoanis Menge



Joshua Tarriasuk, Judith Naluiyak, Tumasi Audlaluk, Adamie Keatainak, Paulusie Okituk, Mark Ikey

OUR COORDINATION TEAM

Bruno Bourget
Jérémie Bélair



Assistant general manager

Bruno left the organization this year, and we wish him all the best for the future. Jérémie took over in the spring of 2023. Over the past year, the assistant general manager has restructured our financial tools to facilitate the management of our organization.

Justine Lambert



Administrative assistant

The administrative assistant provides essential support to the management team. She is a behind-the-scenes heroine who takes care of organizational follow-up, accounting supervision, human resources, financial management and communications. She's a valuable member of the team.

Christopher Moses **Field facilitator**



Based in Salluit, Christopher travels around Nunavik following one **NJK** project after another. He is responsible for running the activities at a local level: recruiting guides, mobilizing community members, stimulating youth and much more. Thanks to him, the projects become part of the local reality and the community life of the villages of Nunavik.

Pénélope Germain
Kim Régimbald



Logistic coordinators

THE magician by excellence within the organization. She is responsible for the logistical implementation of all **NJK** projects. With programs spread across 14 communities accessible only by plane, this is no small task. By putting safety at the heart of all her decisions, she makes all the ideas that emerge within the team possible.

Jessica Guimond-Villeneuve



Psychosocial worker

A major player in the deployment of nature and adventure intervention in our programs. Her expertise is essential in building the intervention sequence for our activities with participants. Her role is to support the youths and adults in each of the programs when they face issues or difficulties. Finally, she coordinates the *Ikaartuit* programs, which targets youth in vulnerable psychosocial situations.

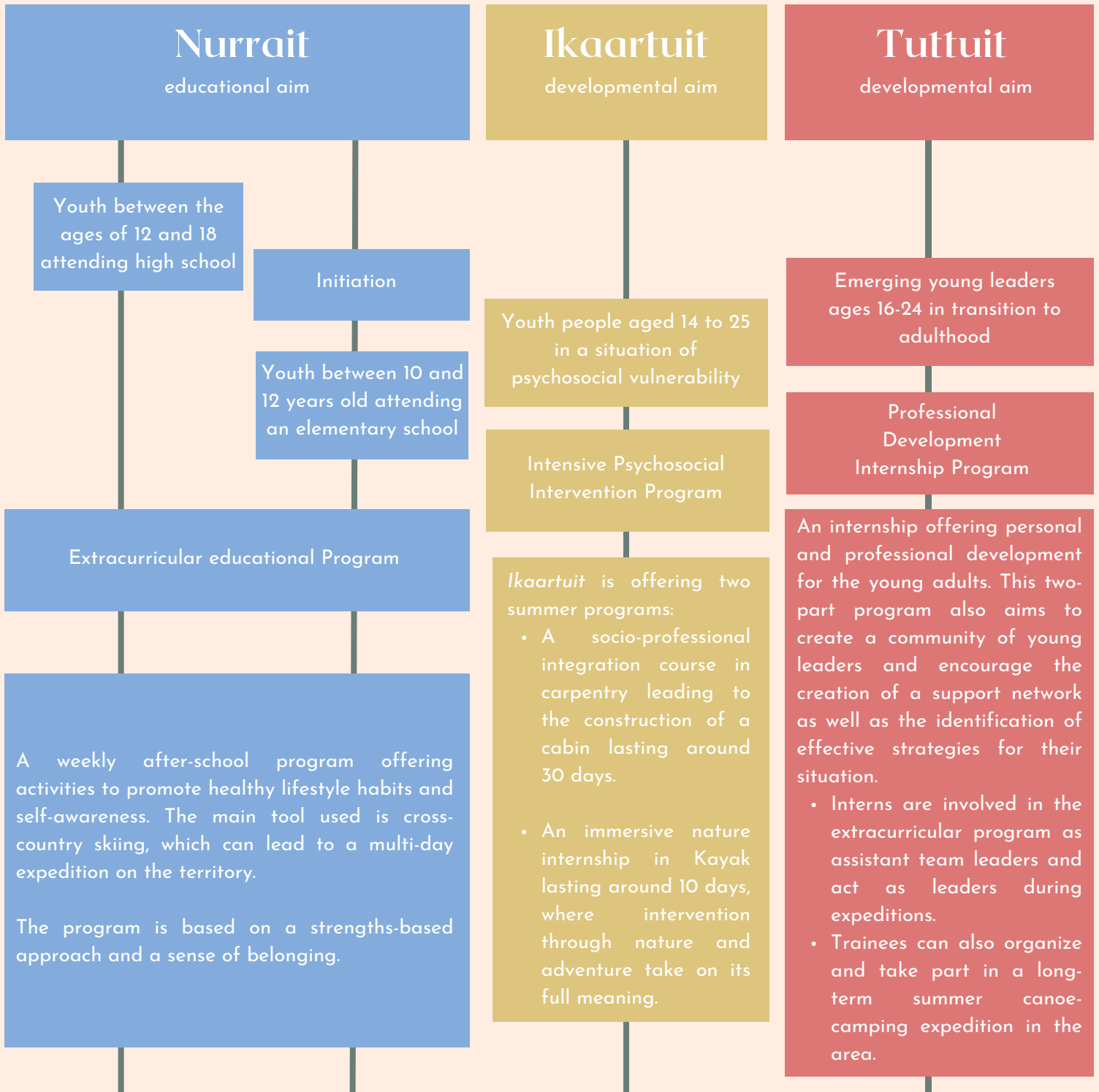
Olivier Mercier
Paule Saint-Pierre
Andréanne Parenteau



Nurrait and Tuttuit coordinators

The *Nurrait* and *Tuttuit* program coordinators are responsible for the implementation and ongoing development of both programs. They are the point of contact, the advisors and the adventurers who travel to the participating communities in Nunavik to provide support to the team leaders and trainees.

OUR PROGRAMS



Getting youth moving in a self-determined motion

TEAM LEADER TRAINING

In order to offer culturally appropriate nature and adventure intervention programs, it is essential that those in contact with the participants have certain common ground. This training, presented and refined since 2018, was offered at the **NJK** cabin in Kuujjuaq for three days in autumn 2022 to bring together the people involved in our programs. We covered the basics of intervention through nature and adventure, winter camping and cross-country skiing techniques, the art of leading cooperative games, reflective feedback coaching and much more. The workshops created a sense of community and gave volunteers and trainees the experience they needed to deliver the programs in their respective communities. By properly training the people who work in the organization, we ensure that our programs are culturally appropriate, safe and in line with our mission and values. This greatly enhances the experience of the participants.



OPERATIONAL SUMMARY

On the field, 2022-2023 marks the return to normal for **NJK's** activities. The end of the health restrictions in Nunavik has allowed us to relaunch each of our large-scale programs. It took a lot of work to get back into the pre-pandemic rhythm. This effort was greatly facilitated by the close contacts that the coordinators were able to maintain with the field, the volunteers, the guides and the participants.

There was an abundance of activity in the field. Outings of several nights' duration, bringing together a large number of communities, became possible once again. The *Tuttuit* professional interns have completed a three-year development cycle, and we are preparing for a new cohort next year. Finally, the activities of the *Ikaartuit* program are continuing this year. We have begun to look at ways of developing this program and increasing its impact on the target populations.

Nurrait



Ikaartuit



Tuttuit



CHANGE ON THE BOARD OF DIRECTORS

About governance, Joshua Nathan Kettler, a former participant who has been on the Board for a year, stood for the role of Vice-Chairman. The members elected him unanimously. Judith Naluiyuk was also elected for her first term as a director. She has been involved as a guide in our programs since 2019. Their election to the Board confirms our healthy governance and contributes to our offer of culturally adapted nature and adventure programs. Maintaining a positive democratic environment remains a priority for all members involved in the organization.



FINANCIAL STATEMENT

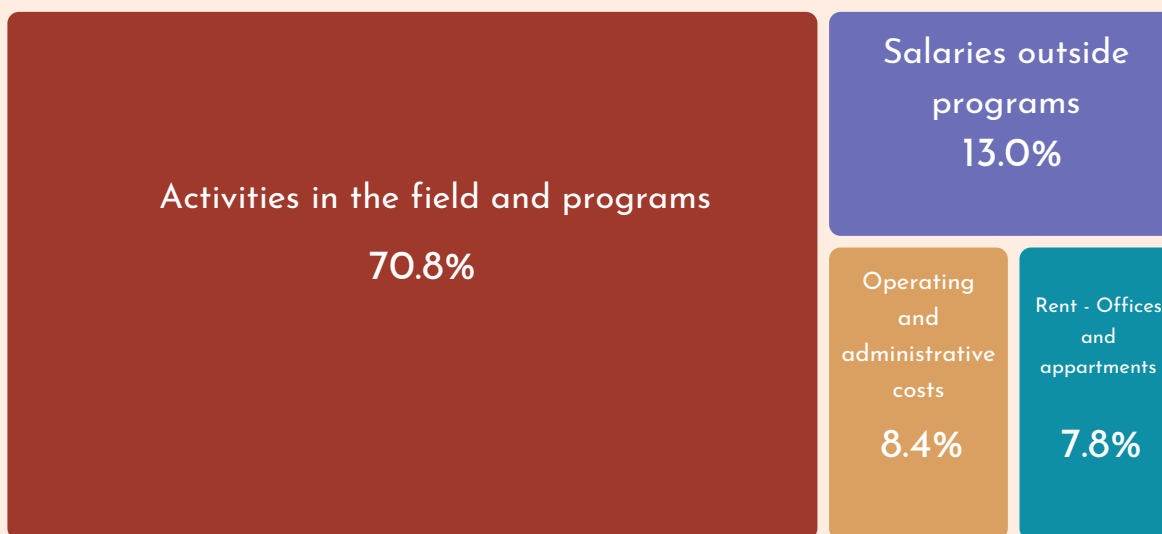
We would like to express our warmest thanks to our financial partners. Their contribution is essential to the success of our activities.

1,273,800 \$ Annual budget

This budget allows us to offer and enhance our programs every year.



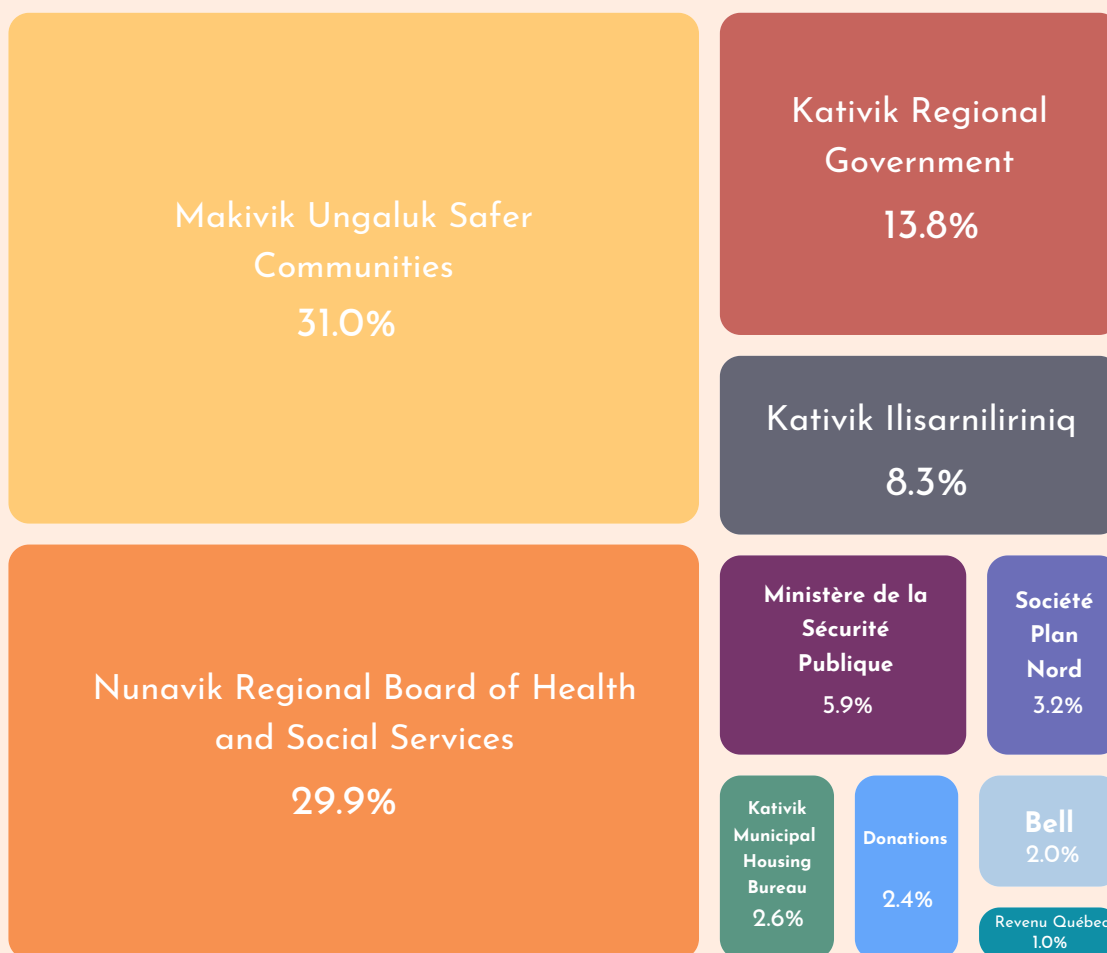
SPENDING OVERVIEW



The majority of our expenses are spent on field activities and programs, which makes us happy and proud, as we are responding directly to the needs of our participants. This percentage of 71%, compared with 55% the previous year, is explained by the return to regular activities after a particular pandemic situation. The most significant increases were in the salaries paid to local guides and the travel expenses incurred by our teams to ensure a presence on the ground. These provide unique support to local teams, as well as taking part in organizing local activities such as overnight camping trips and ensuring a presence during regional expeditions.

In addition, in order to improve the experience of participants and set up more successful interventions, we have decided to invest in training for team leaders and coordinators. This will help to improve sharing and understanding of the intervention tools available and the foundations of nature and adventure intervention. In this way, more energy and time in the field can be devoted to the fabulous youths taking part in the activities of our various programs.

INCOME STATEMENT



We are pleased to note an increase in the amount allocated by the Nunavik Regional Board of Health and Social Services (NRBHSS), which has been a strong partner for several years. Makivik, through its Ungaluk Safer Communities program, remains a pillar for the implementation of our programs. A positive net profit of 2.64% was achieved this year. This result can be explained by two main factors: on one hand, the donations recorded demonstrate the growing support we are receiving. Secondly, our healthy and rigorous financial management assures our partners that every dollar is spent for the benefit of participants.

NURRAIT

The *Nurrait* program takes the form of extracurricular activities in Nunavik's primary and secondary schools. It is delivered mainly by teachers and support staff from Kativik Ilisarniliriniq.

The 2022-2023 edition of the *Nurrait* program was a return to normality. Throughout the school year, we were able to be active in 13 communities. In addition to the many weekly activities offered, the local teams organized 15 overnight camping trips. These experiential outings are essential nature and adventure intervention activities. The youth learn to support each other as a team, while achieving a group objective and their individual goals. The most highly motivated among them took part in one of the three regional expeditions organized in March and April.

The Initiation section of the program has been expanding in Nunavik's primary schools. It gives the youngest students an introduction to the activities offered by **NJK**. Every year, we have noticed a growing interest in this part of the program. We are convinced that this is a chapter that we will be developing even further over the coming years.



NURRAIT

HIGHLIGHTS

- 194 participants
- 298 activities offered
- 2,218 hours invested for the youth of Nunavik - nearly 3 times more than last year
- 3 regional expeditions: For the first time since the 2018-2019 edition, we were able to return to this expedition format.

NURRAIT INITIATION

- 5 communities involved
- 6 camping trips
- 67 activities
- 48 participants

PARTICIPANTS WORDS

- "I loved the area, skiing with more than one person and the overnight stays with other communities".
- "I've discovered I'm good at making new friends"
- "I can take care of people".



NURRAIT



Participating communities: Kuujuaq and
Quebec

Kuujuaq Expedition - March 11th to 15th



Participating communities: Kangirsuk,
Aupaluk, Salluit and Kangisqjuaq

Kangirsuk to Aupaluk expedition - April 15th to 19th



Participating communities: Kuujuaq, Umiuq, Akulvik, Puvirnituq and Ivujivik

Ivujivik expedition - April 15th to 19th

IKAARTUIT

For the third year in a row, in partnership with the Sanajit program and Kativik Ilisarniliriniq, we offered a socio-professional integration course to youth in vulnerable psychosocial situations. This year, the course took place in Aupaluk, on the Ungava Coast. For three weeks, one psychosocial worker, one coordinator and one field facilitator from **NJK** combined their efforts to intervene, ensure the well-being of the participants and help them develop adaptation strategies. Supported by two carpentry teachers, they built a cabin located about ten kilometres from the community. Through this construction project, the participants were invited to learn to identify three driving forces, set goals and develop at least one meaningful relationship. They also had to identify two elements of commitment to the projects and identify successful coping strategies for their situation. Of course, they also learnt the rudiments of carpentry over the three weeks!

HIGHLIGHTS

- 7 participants
- 5 guides
- Visits of fox dens
- Caribou BBQ event
- End of project feast
- Celebration bonfire

PARTICIPANTS' WORDS

- "I feel more in control of my actions"
- "I feel less isolated"
- "I have achieved my objectives"
- "I feel part of a team"
- "I take care of myself"



IKAARTUIT, THE DOCUMENTARY



In the summer of 2022, eight participants took part in an intervention sequence that involved kayaking down the Koksoak River. After two days of initiation on the periphery of the community of Kuujjuaq, they set themselves the challenge of descending 70 km of the river.

The common goal was to get closer to the territory, discover their strengths and create a sense of community within the group. With a personal goal in mind, they all volunteered for the *Ikaartuit* program.

Annie-Claude Roberge took part in the expedition as director. This magnificent short film will introduce you to these participants and help you understand the power of intervention through nature and adventure.

Events are planned in Nunavik communities to broadcast *Ikaartuit*. A public link will be available in the coming months so that the general public can watch it.

TUTTUIT

The *Tuttuit* program is offered to youth who want to become professionally involved with **NJK**. Mainly former participants in the *Nurrait* program, they are called upon to lead the *Nurrait* team in their community. They can also take on a bigger challenge, an outdoor summer project that they have to set up for themselves!

ASSISTANT TEAM LEADER INTERNSHIP

Tuttuit interns are assistant team leaders. During the year, they work closely with their team leaders to take charge of the *Nurrait* team in their community. They must assume certain responsibilities. To equip them properly, we offer development workshops on various topics: group facilitation, risk management, leadership and professional development.

HIGHLIGHTS

- 9 participants
- 1227 hours worked by *Tuttuit* trainees
- Average of 8.5 hours/week

PARTICIPANTS WORD

- "I've learned that being a leader is really fun!"
- "I'm a leader because I'm patient and organized".
- "The program has given me memories and friends".



SUMMER LEADERSHIP TRAINING COURSE

This year marked the third and final year for the first cohort to take part in the *Tuttuit* program's summer leadership courses. Initially planned as a two-year cycle, we revised the formula along the way due to delays caused by health restrictions. This year, the final challenge was to canoe from the Hudson coast to the Ungava coast.

The big difference between this expedition and the one offered as part of the *Nurrait* program is that it is entirely organized and set up by the *Tuttuit* participants, accompanied by the program coordinator. In preparation for the trip, they were able to learn the basics of project management, such as managing a budget, keeping deadlines and long-term planning.

- **June 15th to 18th:** preparation for the expedition in Umiujaq, the departure point
- **June 19th to July 4th:** expedition from Lake Minto to Tasiujaq, on Ungava Bay

HIGHLIGHTS

- 4 participants
- 360 km covered
- 15-day expedition

PARTICIPANTS WORD

- "I was proud to finish the expedition"
- "I had a great time, thank you for making this experience possible!"
- "Super expedition, my favourite river to date"



WHAT'S TO COME

Nurrait	Ikaartuit	Tuttuit
<p>Activities that include the participant's entourage in order to consolidate the protective factors of the participants and encourage the commitment of their entourage.</p> <p>Implementing an effective and rigorous recruitment process for volunteers.</p> <p>Improving the management and recognition of the volunteers involved.</p>	<p>Offering the socio-professional integration project in Salluit and building bridges with local stakeholders to encourage community involvement.</p> <p>Offering the nature immersion course in Kuujjuaq by inviting youth from all over the Ungava coast.</p> <p>Setting up a new pilot project to develop and broaden the horizons of the program.</p>	<p>With the significant improvement in Internet service in Nunavik, offering monthly remote follow-up of internships to each intern.</p> <p>Recruiting a new cohort over 3 years for the summer leadership course.</p>

Overall, we want to reach out to the community and implement consultation strategies. It is also one of our objectives to implement new human resources and administrative policies to ensure proper staff management and promote the long-term retention of team members. Finally, we are already starting to prepare the celebrations for our 10th anniversary, which are coming up fast and of which we are deeply proud!

OUR PARTNERS



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RÉGIE RÉGIONALE DE LA NUNAVIK REGIONAL
SANTÉ ET DES SERVICES BOARD OF HEALTH
SOCIAUX DU NUNAVIK AND SOCIAL SERVICES

Ungaluk Safer Communities



Bell
Let's Talk



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Kativik Iisarniliriniq



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Air Inuit



Black Diamond



Norfolk



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Nordic Villages



- Kangiqsualujjuaq
- Kuujjuaq
- Tasiujaq
- Aupaluk
- Kangirsuk
- Quaqtaq
- Kangiqsujuaq

- Kuujuaaraapik
- Umiujaq
- Inukjuak
- Puvirnituaq
- Akulivik
- Ivujivik
- Salluit



Thank you for your ongoing support towards our efforts!



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