**The POLARIS Program**

We have a number of campers every year who’s first Camp experience is the POLARIS program, many of them who thrive. Because the program has a very structured routine it is relatively easy to settle in. That being said, it is best that campers are mentally prepared for the idea of going on the canoe trip just a few days after arriving at Camp. As for the physical requirements, we try to make the program accessible for all skill levels, while still providing a challenging environment. So it really depends on each individual camper, but the staffs do their best to make sure that every Polaris is comfortable, and participating within their limits.

北極星計劃

每年營區中，我們會擁有一批學員，他們會首先接觸營區經驗，我們稱之為北極星課程計畫，當中許多人因此而茁壯成長。因為這個課程是非常具有結構化的程序，會比較容易安頓適應。話雖這麼說，學員們最好保持準備好的心情，能於到達營區後，接受未來一個星期的獨木舟之旅。至於實質上的要求，我們盡可能培訓每個學員達到許多的技能水平，同時還提供一個具有挑戰性的環境。所以它真的是取決於每個學員，但營區的老師會盡自己所能，以確保每位北極星課程的學員處於一個舒適環境下能參與他們的極限內的課程。