



2026

Guide

L&E WORLD CAMP CANADA

SHAWNIGAN LAKE SCHOOL,
VANCOUVER ISLAND



THIS GUIDE'S

CONTENTS

3 WELCOME TO L&E

4 ARRIVAL & DEPARTURE

5 CONTACTING US

**6 CONTACTING YOUR
CHILDREN**

7 MEDICAL INFORMATION

7 ROOMS & LAUNDRY

8 MONEY

9-13 CAMP LIFE

**12 EVENING ACTIVITIES &
THEMES NIGHTS 2026**

13 KIT LIST

14 WANT TO HELP L&E?

16 L&E RULES



Welcome to L&E

We are very excited about our camps this year. Here is all the **ESSENTIAL INFORMATION FOR PARENTS & CHILDREN** to get your child(ren) ready for camp.

If you need advice or clarification on anything, please contact us.

Hopefully, the sun will shine! We look forward to seeing you soon.

With Our Very Best Wishes,

Sam & the rest of the L&E Team



SHAWNIGAN LAKE SCHOOL

1975 Renfrew Rd, Shawnigan Lake, V0R 2W1
Vancouver Island, British Columbia



ARRIVAL & DEPARTURE

When arriving at camp there are 3 things to do before anything else:

- Registration: Please make this your first thing on the "to do" list – it lets us know you're here!
- Medical Information: You must hand in all medication in a named and sealed bag/container with clear written instructions for use, accompanied by one of our Medical Forms. This is available on our website. (We will also have them available at camp). Please confirm we have the correct details regarding all aspects of your child's medical needs.
- Bank: Pocket money must be deposited in the Camp Bank for safekeeping.

Check-in is between 1700 and 1800 on arrival day. (Sunday) We will have a Family BBQ or Afternoon Tea (depending on the weather!) where you get to meet all the staff.

Please do not arrive before 17:00. We will not be able to check in your child before that time.

Going Home – Children can be collected from 0900 but before 1100 on pick up day (Saturday) and must "checkout" with a member of staff.

Obviously, if your children are using the Airport or Ferry Transfer Service then a lot of this information is not relevant. However, please provide a medical form for them to hand in or complete online.



CONTACTING US

If you have any questions or concerns during camp it is always best to call us. The camp phone number will always be diverted to a staff member. You can then try the Director's numbers. As a last resort you can try the school number.

L&E Camp Phone: +1 778 628 7303 (24 hours)

Shawnigan Lake School: +1 250-743-5516 (only in emergencies 0900 - 1600)



SAM RIDGWAY

Director of Learn & Experience

Direct Line: +1 778-628-7303

WhatsApp: +1 778-628-7303



L&E OFFICE

Direct Line: +1 778-628-7303

WeChat: wxid_85os4qhqd4s412



CONTACT WITH YOUR CHILDREN

You can call, text, whatsapp, email and even video call us anytime.

Children can obviously call home at any time if they really need, however, we encourage this to be between 1830-1900 PST This is to ensure it doesn't disrupt activities.

Delivery of the post is very exciting for those who receive letters. Please use the school addresses (see above). You can also send emails to your children to kidsmail@learnandexperience.com These are handed out at the next available meal time. They also have access to computers so they can return emails.



CELL PHONES

Children can bring their cell phones/devices however there are some rules:

- 1) It will be kept by L&E in our safe until needed.
- 2) They can only have access to it at the allocated times. Normally, at 1830 after evening meal.
- 3) They may not have great reception as some networks do not work very well on our site.
- 4) We will take no responsibility if the mobile gets lost, stolen or broken.
- 5) It must also be understood that phones may not be used during activity sessions or meal times.



THE COUNTRYSIDE

Shawnigan Lake is very different to living in town or city. If your child suffers from asthma or hay fever there is a chance this will be worse than usual on camp.



DORMITORIES

Allocating dormitories is a very difficult task. Every possible step is taken to accommodate everyone fairly. So please bear with us...



MEDICAL

On the L&E Medical Form you will sign a declaration giving us permission to administer medication e.g. sun cream, paracetamol (acetaminophen), ibuprofen, antihistamine, skin healing cream & plasters. If this is not the case you must make us aware on the form. If you send sun cream on camp with your child, it must be hypoallergenic and be labelled with your child's name.

It is important to have valid medical insurance for your child's visit.



SLEEPING BAGS & LAUNDRY

We will provide all bedding; pillow, pillow case and bed sheet as standard plus duvets and covers. Children are welcome to bring their own cover to make things more homely.

A laundry service is available once or twice a week. Please name clothes. This service is **NOT SUITABLE FOR DELICATE OR EXPENSIVE CLOTHES**, which should be ideally, not be brought at all. Please name all clothes.



MONEY

We run a Bank system at L&E where all the children's spending money can be kept in the L&E Bank and then issued when needed. We recommend that no more than \$50 per week is needed. Below are the only options to spend money while at camp.



EXCURSIONS

Campers have the opportunity to spend money on the

Saturday/Sunday excursions

*One week campers trips are in the week if booked ahead.

- Saturday 11th July: Victoria/ Vancouver Central
- Sunday 12th July: Local Beach Trip
- Saturday 18th July: Victoria/ Vancouver Central
- Sunday 19th July: Local Beach Trip



L&E SHOP

Children can pay \$15 per week to access confectionary after lunch. This come direct from their L&E Bank Account.

Once again we will be selling the much loved L&E T-shirts & Caps, look out for the new design this year!!! We have sizes to fit everyone, from tiny campers right up to adult sizes!

T-shirt: \$30

Cap: \$30

T-shirt & Cap: \$50

DAILY SCHEDULE AT L&E WORLD CAMP

7.45am wake up 

8.15 - 8.45am
Breakfast

9.00 - 9.25am
Warm-up Activity

9.25 - 9.30am
Morning Activity Choices

9.30 - 12.25pm
Morning Activities:

- YGL
- Adventure, Sport or Creative
- English
- STEAM

12.30 - 1.15pm
Lunch

1.15 - 1.45pm
Shop &
Free Time

1.45 - 2.00pm
Afternoon Activity Choices

2.00 - 4.30pm
Afternoon activities:

- Adventure, Sport or Creative

4.30 - 6.00pm
Lake Time

6.00 - 6.30pm
Dinner time

6.30 - 7.00pm
Free Time/Phone home

7.00 - 9.00pm
Evening activities:

- Icebreakers
- Campfire
- Movie night/Games
- Theme Night
- Oscars

9.00pm onwards
Hot chocolate & Bedtime



YOUNG EXPLORER (Multi-Activity)



SPORT

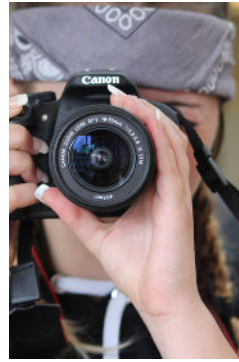
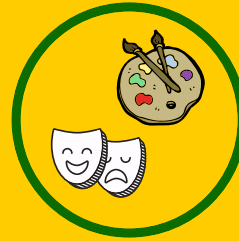


- Basketball
- Football
- Table Tennis
- Badminton
- American Football
- Hockey
- Lacrosse
- Cricket
- Waterpolo
- Rounders



CREATIVE

- Painting
- Drama
- Dance
- Stop motion
- Mask making
- Papermache
- Chalk drawing
- Cooking
- Photography
- Film Making



ADVENTURE



- Climbing
- Canoeing
- Fire building
- Archery
- Geocaching
- Scuba diving
- Survival skills
- Kayaking
- Abseiling
- Den Building



YGL, STEAM & ENGLISH












Mornings
Only

Each weekday morning campers who have chosen our Young Global Leaders (YGL), STEAM or English programme will have classes taught by our qualified teachers. The classes are small engaging, interactive and are often taken outside the classroom.



An example week at L&E World Camp

	MORNING	AFTERNOON	EVENING
 Monday	Explorer (Multi-Activity) Young Global Leaders Creator (STEAM) English	Softball Coding Fire building Laser Tag Mask Painting	Icebreakers
  Tuesday	Explorer (Multi-Activity) Young Global Leaders Creator (STEAM) English	American football Musical Theatre Tennis Bushcraft	Campfire
 Wednesday	Explorer (Multi-Activity) Young Global Leaders Creator (STEAM) English	Ultimate frisbee Movie Making Kayaking Canoeing	Movie Night & QUIZ
  Thursday	Explorer (Multi-Activity) Young Global Leaders Creator (STEAM) English	Badminton Cooking Rock climbing Tennis	Theme Night
 Friday	Explorer (Multi-Activity) Young Global Leaders Creator (STEAM) English	Hockey Chalk Drawing Paddle Boarding	Oscars & Party
 Saturday	Free time/Good Byes	Excursion: Victoria	Movie Night
 Sunday	Free Time	Excursion: Beach	New Arrivals BBQ

New-comers guide to our Evening Activities



Ice-breakers:

Campers are put into teams and play lots of fun games with their new team mates! This is a chance to get to know everyone and make fast friends!



Campfire:

A magical night of songs, marshmallows and new friends. Some campers get patriotic and sing national anthems while some like to sing the classics!



Movie Night & Games:

This is a chance for the campers to relax with popcorn and duvets or try some of our famous wide games.



Theme Night:

Most would argue that this is the best night of the week. Staff & Campers get suitably dressed up


Costumes are encouraged but there's no pressure if it becomes too stressful.

- **Week 1: FIFA World Cup**
- **Week 2: Canadian Games**
- **Week 3: Camp-Chella**



L&E Oscars & Party:

This is the big finale where everyone gets dressed up! We celebrate each and every child and look back on the past week and all the things we have achieved together. There are lots of awards up for grabs, but all eyes are on the coveted Star Camper Award which is revealed at the end of the night!



Kit List

ALL ITEMS OF CLOTHING AND SHOES SHOULD BE CLEARLY NAMED

- ... NAMED WATER BOTTLE
- ... LIGHT WATERPROOF COAT (just in case!)
- ... OUTDOOR SHOES/RUNNERS (2 pairs are a good idea)
 - ... RUNNERS for indoor wear.
- ... PLENTY OF UNDERWEAR AND SOCKS
- ... SWIMMING COSTUME
- ... NIGHT WEAR (Suitable for public)
- ... DRESSING GOWN/SLIPPERS
- ... SWEATER/CARDIGAN for cooler evenings
- ... SKIRTS/DRESSES
- ... PLENTY OF T-SHIRTS
- ... JEANS/LEISURE TROUSERS
- ... SHORTS
- ... SMART OUTFIT FOR AWARDS
- ... TORCH & SPARE BATTERIES
- ... NAMED LAUNDRY BAG
- ... TOWEL FOR SWIMMING (Bath Towel Provided)
- ... TOILETRIES: Hair Brush, Flannel, Soap, Toothbrush & paste and Shampoo
- ... TRAVEL BAG/SMALL KNAPSACK
- ... A CHEAP/OLD WHITE T-SHIRT THAT CAN GET BE PAINTED.
- ... SUNHAT, SUNGLASSES, SUNCREAM

Optional items

CAMERA FOR FILM MAKING & PHOTOGRAPHY, STAMPED ADDRESSED POST CARDS, READING BOOKS, NOTEPAD, PENS, TENNIS RACQUET, GOGGLES, MOBILE PHONE, COSTUME FOR THEME NIGHT (SEE P.13)



Want to help L&E??



4 ways you can help...

#1 School Information Evenings:

In 2025/2026 we held some successful information evenings at schools where we spoke to families about our programmes. If you are able to help us connect with your child's school we can plan a trip to your city and speak not only at your child's school but also to any friends that you have that might be interested in our programmes. We understand that sending your child to a camp/programme in another country is a big deal so we want to meet and speak to families so they can get to know us and to put their minds at ease.

#2 Follow, Like and Share our Instagram, Facebook YouTube posts

Our Social Media Channels are growing by the day and we have lots of amazing videos and photos. .

These posts help explain our programmes and feature campers, Teen Travellers, parents and staff.

Subscribe to our Learn & Experience, World Camp and Teen Travel pages!

#3 Leave us a Google review

You tell us time and time again what an amazing experience you have had so why not tell the world!

Google reviews really do help us and they take just a few minutes to write...

#4 Share your experience with your friends and network

As a small company working with children, word of mouth is and always has been our best way of marketing. It's very hard to compete with the big companies marketing budget! Please take the time to share your experiences with friends and family.



...and finally

L&E RULES

Just like anywhere we have some rules which are mostly there to keep us all safe.

Most of the issues at camp are small and can generally be avoided if we keep to our 3 most important but simple rules:

1. Be kind 2. Be kind 3. Be kind.