

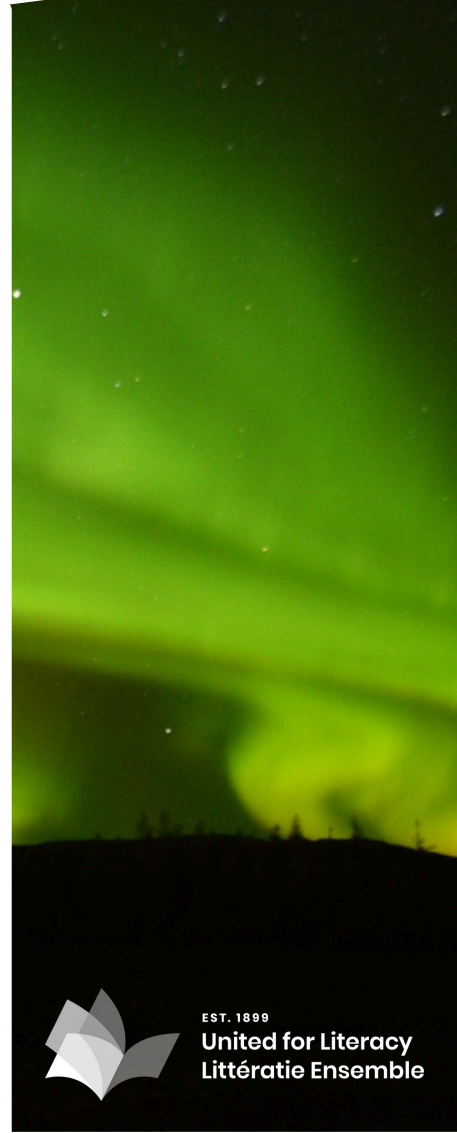


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Kativik Ilisarniliriniq



# LIVING AND WORKING IN NUNAVIK

## TUTOR GUIDE



EST. 1899  
United for Literacy  
Littérature Ensemble



# NUNAVIK COMMUNITIES



Nunavik isn't small... it's one-third of the province of Quebec! It is the home of the Inuit in Quebec and about 14000 people live in 14 communities located along the coast. The regional capital is Kuujjuaq. Inuktitut is their mother tongue, and you will hear it! English and French are spoken aswell.

'Nunavik' – the word means 'great land' in Inuktitut. The people living in this region are called Nunavimmiut.

## Tutoring in the North is a really rewarding experience!

Tutors work at the schools in Nunavik and act as a support for teachers. Classes are smaller and usually have mixed grades and levels.

You'll see for yourself...students will thrive off of the one-on-one support of a tutor. It helps to remove distractions and to have someone available for specific questions.

Some students might take their time before they're ready to work with you. They will come around!

Students need to work on math to graduate for the year. The teacher will go over the lessons with the class, so you can review and then work with the students :)

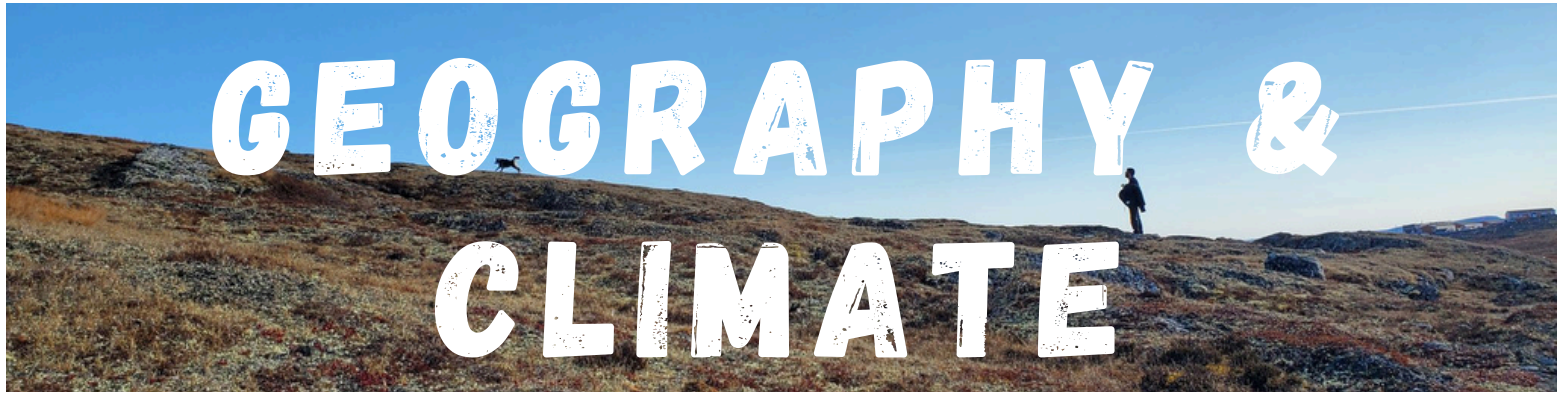
After some time you'll be able to offer homework help outside of school (at lunch or after class), and some extracurricular activities for fun!



There will be things to experience outside of the classroom too while you're here. Here are some activities that past tutors have gotten the chance to do during their time in Nunavik!

- Check out the annual hockey tournament (the whole community goes!)
- Helping to build an igloo while students learn skills from an elder community member!
- Skiing, snowshoeing
- Watching and photographing the Northern Lights
- Watching the annual Ivakkak dog sled race!
- Learning introductory Inuktitut
- Berry picking (late summer)
- Tasting traditional Inuit foods





### **Tundra, arctic and subarctic climate, and the Aurora Borealis!**

For many people coming from the city, this is a chance to experience a beautiful region unlike anything they've seen before!

Check out the packing list on the next page to see what to bring so you can enjoy time on the land and at home! Winter gear is a must, don't skip on the ski goggles or face covering!



## **GROCERIES**

Most communities have a Co-op Store and a 'Northern Store'.

You will be given a northern allowance in the north on top of your salary to help subsidize the difference of food cost! Ask the teachers for tips on the cheaper food items in your community.

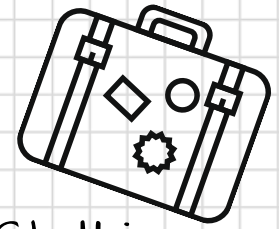
Here's some examples you can access: canned beans, canned tomatoes, pasta, frozen pizza, perogies, some fresh vegetables, a couple of varieties of lentils, rice, bread, eggs, frozen meat, cheese, butter, cooking oils.

You can sometimes buy local fish/meat sold by members of the community, or at special events!

Sometimes people make a meal at home and then advertise it on Facebook for sale.

People gather at someone's home to share a meal, many communities won't have a restaurant or a cafe.

# PACKING LIST



## Winter Gear



- Winter aviator hat or warm toque to cover your whole head and ears
- Neck gaiter or ski mask to cover your whole face
- Ski goggles
- Sunglasses
- Hand and foot warmers
- Winter gloves
- Snowpants
- Waterproof + insulated winter boots: good for -40 degrees Celsius
- Plenty of warm socks



## Other Clothing

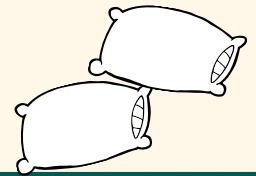


- Indoor shoes to wear at school
- Indoor clothing (sweaters, t-shirts, jeans, etc...)
- Slippers to wear at home
- Rain jacket
- Rain boots



## Bedding

- Bed and pillow sheets
- Pillow
- Blanket



## Electronics

- Chargers (laptop, phone, e-reader, camera, etc...)
- E-reader
- Downloaded movies, music, books, etc... (the Wifi won't always work)
- Spare USB
- Headlamp or flashlight for walking outdoors at night
- Speaker (might come in handy for activities or workouts)
- Camera, SD cards & tripod



## Miscellaneous

- Gym bag or spare backpack
- Pencil case with stationery for your own use
- Reusable water bottle
- Your favourite coffee, tea, snacks
- Specialty foods (for dietary restrictions) & spices
- Vitamin supplements and medication
- Personal Toiletries
- Hobbies
- Room decorations (lights, posters, magnets, etc...)



# TRAVEL AND HOUSING

- Your airfare, travel expenses, and housing are all COVERED.
- Most people will have a roommate with a staff member that has a similar role to you. Before going you can find out if there's any supplies you need to bring: generally the houses are equipped with kitchen supplies and everything you'll need.
- The houses are furnished, heated and comfortable!
- The buildings have an oil furnace, water tank, and sewage tank.



# HEALTH

There is a CLSC, Local Community Service Centre, in every community. They have services for first aid, colds, flu etc.

If anything serious happens, the person is flown to Montreal to receive healthcare.

United for Literacy offers a free Employee and Family Assistance Program (EFAP) which includes:

- Professional counselling suited to individual preferences and needs.
- Support for family, financial, career and legal issues.
- Health coaching, nutrition and naturopathic advice.

Your United for Literacy supervisor is also an excellent resource for any questions or concerns!