

Partake in a Festival

Exercise | Healthy Living | Events | Festivals

ConnectABILITY.ca



WHAT MAKES IT MEANINGFUL

According to the UKRI-Collective, and physical, gatherings make a difference. There is profound symbolic value in the opportunity to experience something together as communities. Festivals offer such a platform by condensing our exposure to cultural activities over a specific time and place. *Aug 2, 2021
Festivals act like stress relievers and help us balance our emotions. More positivity naturally lowers negativity. It also provides an opportunity to reduce friction and brings estranged friends and relatives together in a bond of love.**

TIME

Depending on the type of festival- a person can spend a few hours to days attending a festival. Festivals can be small church celebrations (Religious feast days), Cultural days (celebrating a group's country, like Independence day, types of music) to long-er city celebrations (Canada Day, Food trucks festivals, Movie festivals). There are over 1400 festivals in Ontario in the year.

MATERIALS

- Look for information on the festival- local news, public advertising, Twitter, BIA websites, tourism boards in the town you would like to see a festival in.
- Money to bring to the festival- to use for entrance (if needed), food for lunch/drinks/goodies.
- Comfortable weather appropriate clothing- if going to a place a worship, make sure you are dressed for the space.
- Transportation, company is optional.



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RESOURCES

*Why festivals are important (thenews.com.pk)

**Why festivals and special events matter now more than ever – UKRI

<https://festivalsandeventsontario.com>

Ultimate Guide to Festivals in Toronto (todocanada.ca)

<https://www.summerfunguide.ca/> - can add any city/ town in Ontario

<https://cionorth.ca/music/resources-musicians/music-festivals> - Northern Ontario Festivals

Festivals & Events – City of Toronto

Toronto Festivals 2022, 2023 | Music, Food & Art Festivals in Toronto (findfestival.com)

List of festivals in Toronto - Wikipedia

Annual Festivals & Events | Destination Toronto

Local news

Friends

Internet/ Social Media search

SUPPORTS NEEDED

This activity can be done independently or in pairs and groups.

If supports are required to set up transportation or staff support, make sure to plan in advance .

Dress comfortable and for the weather.

Have money just in case

Camera phone or camera to capture the day (look for social media links to # and share with the world your festival adventures

OTHER THINGS TO NOTE:

Dress for the weather; if walking wear appropriate footwear.

Some festivals may require payment- either in the form of tickets or donation. Look at official websites for the latest information.

Most festivals occur annually, however, may have date, name or venue changes, be aware. As well, some festivals may not be annual.