



AIR CANADA

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With their cancer in remission, 11 young people escape their daily lives and rekindle their dreams in the heart of the Chic-Chocs



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Each year since 1996, On the Tip of the Toes Foundation has helped dozens of young people living with cancer retake control of their well-being thanks to life-altering therapeutic adventure expeditions. More than just wilderness outings; these journeys are highlighted by moments of reflection and activities that make it possible for these young people from across Canada to get together and break away from isolation, to exchange ideas and create deep bonds with other young people who share the same reality.

Supervised by medical professionals and experts in the outdoors, these young people enjoy a group experience in nature for close to a week. The activities take them out of their comfort zone while raising awareness of their capabilities, strengths and skills that they may have been underestimating or may not have known they had. It is a life experience that gives these young people back the tools they need to resume their daily life with renewed energy and a sense of well-being that has an enormous impact on self-esteem.

This past March, the Air Canada Foundation, which is committed to the health and well-being of young people, was pleased to donate an unforgettable travel experience onboard Air Canada flights to about a dozen young people aged 19 to 29 from across Canada. Proud carrier of On the Tip of the Toes Foundation in 2019, Air Canada enabled these young people to experience a wonderful adventure in the Chic-Chocs in the Gaspé Peninsula of Quebec – one of the most beautiful places in the country.

For Antoine Messier, a 23-year-old Montrealer who had been in remission for less than three months, the expedition came at an important time in his life. "It was an unforgettable experience and I met incredible people who will forever be in my heart. More than just a break from our sometimes difficult daily life, this week gave me a second wind that will help me live life to the fullest when I get back."

To learn more about the Air Canada Foundation, visit www.aircanada.com/Foundation and to read more information about the On the Tip of the Toes, go to www.tipoftoes.com





A STAR ALLIANCE MEMBER 