



Name: Raoul Kluivers
Date of birth: 28-05-1969, Eibergen



- CIOS Heerenveen (1992), Athletics and Outdoor Sports
- Interpretive Guides Association, Professional 4 season Interpretive Hiking Guide
 - IGA Instructor (IGA award of excellence 2016)
 - Rockclimbing instructor
 - White Water Kayak Instructor
 - Canoe Instructor
 - Instructor Map, Compass & GPS
 - Instructor 'Wilderness living skills'
 - Fauna and tracking instructor
 - Rope rescue instructor
 - CSWI Level 3 Guide
 - Trainer Athletics
 - Fitness Trainer
 - Running Trainer
 - Teacher Anatomy and training principles
 - WGA Guide, Boreal forest level 3.
- > 30 years experience in training, guiding and teaching Outdoor sports in the Netherlands, Belgium, Poland, France, Germany, Sweden, Spain, Romania and Canada.



Guiding in Canadian Wilderness Areas since 2000.

– Fulltime Outdoor Sports Instructor and Wilderness Guide since 1995, part-time since 1986.

– Author of the Wilderness Handbook 'Tracks of the White Wolf'

www.tracksofthewhitewolf.com

Logbook

Outdoor training courses taken by Raoul, Guiding and Teaching instructors courses by Raoul.

Private training and Courses in the Netherlands are not registered in this logbook.

Year	Activities	Location	Specifiques	Instructor / Guide	Teaching / Guiding	Hours
1995	WW kayaking	France, South Alps	Verdon, Var Vesubie WW 2-3-4 (5)	Ted Beute / Henk Kroon		40
	Rockclimbing	Belgium		Henk Kroon		24
	Kayaking	Belgium	Ww 1-2		x	40
1996	WW Kayaking	France, South Alps	Verdon, Var, Calagne WW2-3-4 (5)	Henk Kroon / Ramon van Mierlo		40
	WW Kayaking	Belgium, Germany	Prum, Hoegne WW 4-5	Henk Kroon		16
	Rockclimbing	Belgium		Henk Kroon		32
	Kayaking	Belgium	WW 1-2(3)		x	80
1997	WW Kayaking	France, central & Pyrenees	Orb, Aude WW 2-3-4 (5)	Henk Kroon		40
	WW Kayaking	France, central & Pyrenees	Orb, Aude WW 2-3-4		x	40
	WW Kayaking Rock climbing Canyoning	France,Tarn France,Gorges de La Jonte France, Lauzere	Tarn, WW 1-2-3 Multi pitch	Lex Domisse Lex Domisse	x	24 16 16
	Rock climbing	France, Gorges de Crossey	Top rope		x	24
	WW Kayaking	France, Alps	Ubaye WW 4 Guil, Ange gardien WW 4 Isere WW 4		x	24
	Kayaking	Belgium	WW 1-2 (3)		x	80
1998	WW Kayaking	France central and Pyrenees	Orb, Aude, WW 2-3-4 (5)	Henk Kroon	X assistant	40
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		x	40



1999	WW Kayaking	France, alps	Verdon WW 3-4 Ubaye WW 4 Vesubie WW 4+ Guil WW 4+ Durance WW 3 Fournel WW 4 Biasse WW 5	Henk Kroon	X assistent	80
	WW Kayaking	France	Sault Brénaz WW 2-3		X	24
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	40
	WW Kayaking	France	Tarn WW 1-2-3		x	40
	Canyoning	France	Vercors	Speleo club Tullins		32
	Rafting	France	Alpes	C&P buitensport		1
2000	WW Kayaking	France, alps	Verdon WW 3-4 Var WW 4 Vesubie WW 4+	Henk Kroon	x	40
	WW Kayaking	France	Sault Brénaz WW 2-3		X	24
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	32
	Canyoning	France	Vercors	Speleo club Tullins		16
	WW Kayaking	Germany	Prum WW 3-4		X	8
	Hiking	Canada (december, -57 WC)	Banff, Jasper, Kananaskis			80
2001	WW Kayaking	France, Alpes	Durance WW 3 Claree WW 4 Guisane WW 4- 5 Guil WW 4 Gyr WW 5		X	40
	WW Kayaking	France	Sault Brénaz WW 2-3		X	24
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	24



	Canyoning	France	Vercors		X	16
	WW Kayaking	Germany Sault Brénaz St Pierre le Boeuff Nancy	Prum, WW 4		X	40
2002	WW Kayaking	France	Sault Brénaz WW 2-3		X	24
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	24
	Canyoning	France	Chartreuse		X	8
	WW Kayaking	France, Alpes	Isere WW 4 Dranse WW 4		X	10
	Via Ferrata	France	Bastille Crolles		x	16
	Rockclimbing	France	Lagnieu		X	16
2003	WW Kayaking	France	Sault Brénaz WW 2-3		X	68
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	24
	WW Kayaking	France	Guil ww 4 Durance ww 3 Guisane ww 4		x	40
	Via Ferrata	France	La Bastille Crolles Venosc		x	24
	Rockclimbing	France	Lagnieu		X	24
	Hiking	France	Jura (winter)		X	24
	Hiking	Sweden	Dalarna (winter)		x	36
2004	WW Kayaking	France	Sault Brénaz WW 2-3		X	80
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	24
	WW Kayaking	France	Durance ww 3 Guisane ww 4		x	40
	Via Ferrata	France	La Bastille Crolles		x	24
	Rockclimbing	France	Lagnieu		X	24
	Hiking	France	Jura (winter)		x	24
2005	WW Kayaking	France	Sault Brénaz WW 2-3		X	40



	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	32
	WW Kayaking	France	Durance ww 3 Guisane ww 4		x	40
	Via Ferrata	France	La Bastille Crolles		x	16
	Rockclimbing	France	Lagnieu		X	16
	Hiking	France	Jura (winter)		x	32
	Hiking	Belgium	Ardennes		x	16
	Orienteering	Belgium	Houffalize. NK AR		x	40
2006	WW Kayaking	France	Sault Brénaz WW 2-3		X	48
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	24
	WW Kayaking	France	Durance ww 3 Guisane ww 4		x	40
	Via Ferrata	France	La Bastille Crolles		x	16
	Rockclimbing	France	Lagnieu		X	24
	Hiking	France	Jura (winter)		x	32
	WW Kayaking	France	Bourg St Maurice		X	16
	Hiking	Canada	Rocky Mountains		x	48
2007	WW Kayaking	France	Sault Brénaz WW 2-3		X	80
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	24
	WW Kayaking	France	Séveraisse WW 2-3-4		x	40
	Via Ferrata	France	La Bastille Crolles		x	16
	Rockclimbing	France	Lagnieu		X	8
	Hiking	France	Jura (winter)		x	32
	Wilderness Guiding	Canada	Rocky Mountains	Jerry Fochler		140
	Hiking	Belgium	Ardennes		x	16
2008	WW Kayaking	France	Sault Brénaz WW 2-3		X	80



	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	24
	WW Kayaking	France	Séveraisse WW 2-3-4		x	40
	Via Ferrata	France	La Bastille Crolles		x	16
	Rockclimbing	France	Lagnieu		X	8
	Hiking	France	Jura (winter)		x	32
	Wilderness Guiding	Canada	Rocky Mountains	Jerry Fochler	X assistant	140
	Wilderness Guiding	Canada	Rocky Mountains (winter)	Jerry Fochler		96
	Hiking	Belgium	Ardennes		x	16
2009	WW Kayaking	France	Sault Brénaz WW 2-3		X	48
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	40
	WW Kayaking	France	Séveraisse WW 2-3-4		x	40
	Via Ferrata	France	La Bastille		x	16
	Rockclimbing	France	Lagnieu		X	32
	Hiking	France	Jura (winter)		x	32
	Wilderness Guiding	Canada	Rocky Mountains	Jerry Fochler	X	112
	Wilderness Guiding	Canada	Rocky Mountains (winter)	Jerry Fochler	X assistant	96
	Hiking	Belgium	Ardennes		x	16
2010	WW Kayaking	France	Sault Brénaz WW 2-3		X	48
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	24
	WW Kayaking	France	Séveraisse WW 2-3-4		x	24
	Via Ferrata	France	La Bastille Crolles		x	16
	Rockclimbing	France	Lagnieu		X	8
	Hiking	France	Jura (winter)		x	32



	Hiking	Canada	Rocky Mountains		x	80
	Hiking	Belgium	Ardennes		x	16
2011	WW Kayaking	France	Sault Brénaz WW 2-3		X	40
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	24
	WW Kayaking	France	Séveraisse WW 2-3-4		x	24
	Via Ferrata	France	La Bastille Crolles		x	16
	Rockclimbing	France	Lagnieu		X	16
	Hiking	France	Jura (winter)		x	32
	Hiking	Canada	Rocky Mountains		x	80
	Hiking	Belgium	Ardennes		x	16
2012	WW Kayaking	France	Sault Brénaz WW 2-3		X	36
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	24
	WW Kayaking	France	Séveraisse WW 2-3-4		x	24
	Via Ferrata	France	La Bastille Crolles		x	16
	Rockclimbing	France	Lagnieu		X	16
	Hiking	France	Jura (winter)		x	32
	Wilderness Guiding	Canada	Rocky Mountains	Jerry Fochler	x	180
	Interpretive Guiding	Canada	Banff	Interpretive Guides Association		16
	Hiking	Belgium	Ardennes		x	16
2013	WW Kayaking	France	Sault Brénaz WW 2-3		X	24
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	16
	WW Kayaking	France	Séveraisse WW 2-3-4		x	24
	Via Ferrata	France	La Bastille		x	8
	Rockclimbing	France	Lagnieu		X	4



	Hiking	France	Jura (winter)		x	56
	Wilderness Guiding	Canada	Rocky Mountains	Jerry Fochler / Nathan Fochler	x	180
	Hiking	France	Alps		x	16
	Interpretive Guiding	Canada	Banff	Interpretive Guides Association		32
	Hiking	Germany	Willingen		x	28
2014	WW Kayaking	France	Sault Brénaz WW 2-3		X	24
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	16
	Via Ferrata	France	La Bastille		x	8
	Hiking	France	Jura (winter)		x	56
	Wilderness Guiding	Canada	Rocky Mountains	Jerry Fochler / Nathan Fochler	x	180
	Hiking	France	Alps		x	24
	Wilderness Guiding	Canada	Rocky Mountains (winter)		x	96
	Nature & Wildlife	Poland	Bialowieza	Wild Poland/ Arek Szymura	x	40
	Interpretive Guiding	Romania	Tacu Mountains		x	24
	Hiking	Germany	Willingen		x	14
2015	WW Kayaking	France	Sault Brénaz WW 2-3		X	24
	Orienteering	France, Charavines	GKM		X	40
	Rock Climbing	France	Gorges de Crossey		X	8
	Hiking	France	Jura (winter)		x	56
	Wilderness Guiding	Canada	Rocky Mountains	Brenda Holder / Jerry Fochler	x	180
	Hiking	France	Alpes		x	16
	Tracking	Canada	Rocky Mountains (winter)	David Holder	x	96
	Nature & Wildlife	Poland	Bialowieza	Wild Poland/ Arek Szymura	x	40
	Hiking	Germany	Willingen		x	14
	Rafting	Spain	Pallaresa	Sander Schotten		4



2016	Nature & Wildlife	Poland	Bialowieza	Wild Poland/ Arek Szymura	x	40
	Hiking	France	Jura (winter)		x	56
	Rope technique	France	Gorges de Crossey		X	16
	WW Kayaking	France	Sault Brénaz WW 2-3		X	24
	Via Ferrata	France	Argentiere		x	5
	Canyoning	France	Fournel	Crux		4
	Orienteering	France, Charavines	GKM		X	10
	Wilderness Guiding	Canada	Rocky Mountains	David Holder, Brenda Holder, Tracey Klettl, Tim Mearns	X	180
	WW Kayaking	France	Sault Brénaz WW 2-3		X	32
2017	Hiking, wintertravel	France	Jura		x	80
	Hiking	France	Alps		x	80
	Rope technique	France	Vercors		X	16
	Orienteering	France, Charavines			X	20
	WW Kayaking	France	Sault Brénaz WW 2-3		X	24
	Nature & Wildlife	Poland	Bialowieza		x	40
	WW Kayaking	France	Sault Brénaz		x	80
	Wilderness Guiding	Canada	Rocky Mountains	Brenda Holder, Tracey Klettl, Tim Mearns	X	180
	Interpretive Guiding	Canada	Banff	Interpretive Guides Association		24
	Hike & Survival	Germany	Lausitz		x	30
2018	Hiking, wintertravel	France	Jura		x	120
	Wilderness guiding Winter	Canada	Rocky Mountains	David Holder, Brenda Holder, Tracey Klettl, Tim Mearns	x	160
	Hiking	France	Alps		x	40
	Nature & Wildlife	Poland	Bialowieza		x	40



	WW Kayaking	France	Sault Brénaz WW 2-3		x	24
	Rockclimbing	France	Gorges du Crossey		x	16
	Orienteering	France, Charavines			X	20
	Wilderness Guiding	Canada	Rocky Mountains	Brenda Holder, Tracey Klettl, Tim Mearns	x	224
	Kayaking	France	Sault Brénaz		x	64
2019	Hiking, wintertravel	France	Jura		x	140
	Hiking	France	Alps		x	70
	Nature & Wildlife	Poland	Bialowieza		x	50
	WW Kayaking	France	Sault Brénaz WW 2-3		x	24
	Rockclimbing	France	Gorges du Crossey		x	8
	Orienteering	France	Chartreuse, Charavines		X	20
	Wilderness Guiding	Canada	Rocky Mountains	Ross Hinter, David Delafield, Brenda Holder, Tracey Klettl, Tim Mearns	x	224
2020	Hiking, wintertravel	France	Jura		x	140
	Wilderness guiding Winter	Canada	Rocky Mountains	David Holder, Brenda Holder, Tracey Klettl, Tim Mearns	x	160
	Kayaking	France	Sault Brénaz		x	16
	Hiking	France	Alps		x	70
	Hiking	France	Alps		x	80
2021	Nature & Wildlife	Poland	Bialowieza		x	60
	WW Kayaking	France	Sault Brénaz		x	40
	Hiking	France	Alps		x	80
	Hiking	France	Alps		x	112
2022	Wintertravel & Survival	France	Jura	Marc Bagnol IML	x	160
	Wintertravel & Survival	Canada	Rockies	David Holder, Brenda Holder, Ross Hinter, Tracey Klettl,	x	200



				Tim Mearns, Martyn LeNoble		
	Hike & Survival	France	Vosges	Berno Klomp, Alexander Pot	x	30
	Nature & Wildlife	France, Spain	Pyrenees		x	100
	WW Kajaking	France	Sault Brénaz		x	14
	Hiking	France	Alps		x	80
	Wilderness Guiding	Canada	Rockies	Brenda Holder, Tim Mearns, Tracey Klettl, Martyn LeNoble	x	230
2023	Wintertravel & Survival	France	Jura	Marc Bagnol IML	x	160
	Nature & Wildlife	Poland	Bialowieza		x	60
	Hiking	France	Vercors / Chartreuse		x	80
	WW Kayaking	France	Sault Brénaz		x	24
	Hiking	Spain	Somiedo		x	40
	Wilderness Guiding	Canada	Alberta Rockies	Brenda Holder, Tim Mearns, Tracey Klettl, Martyn LeNoble	x	230
2024	Wintertravel & Survival	France	Jura	Marc Bagnol IML	x	160
	Wintertravel & Survival	Canada	Alberta Rockies	Brenda Holder, Tim Mearns, Tracey Klettl, Ross Hinter	x	200
	Nature & Wildlife	Poland	Bialowieza		x	120
	WW Kayaking	France	Sault Brénaz		x	24
	Hiking	France	Vercors / Chartreuse		x	80
	Nature & Wildlife	Spain	Extremadura		x	40
	Nature & Wildlife	Spain	Somiedo	David (Somiedo Experience)	x	40
	Wilderness Guiding	Canada	Alberta Rockies	David Holder, Tim Mearns, Tracey Klettl	x	230



University of Victoria | Faculty of Education | Department of Educational Studies

EDUC 300: Foundations of Education | Spring 2024 | Dr. Sarah Jones

Assignment 1: Reflective Journal Entry | Due: March 15, 2024

Instructions: Write a reflective journal entry about your experience in this course.

Word Count: 250 words (excluding title and instructions)

Submit your assignment to the designated folder in Blackboard.

For more information, visit the course website at <https://www.uvic.ca/education/>.

Good luck with your assignment!

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