

## CANADA PROGRAM SCHEDULE



**FOR AGES 15-18** 



WEEK

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	ONE DAY 7
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ARRIVAL	UNDERSTANDING	CONFIDENCE	CONTRIBUTION	COMMUNICATION	EXPLORATION	ACTION
8:30		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Arrivals by plane/ferry: Pre-arranged transfers at any time from Victoria International Airport (YYJ) or the Swartz Bay Ferry Terminal to campus are included in your	<ul> <li>Introductions and Facility Tour</li> <li>What is Leadership? Exploring our current understanding of leadership</li> </ul>	Comfort Zone Home Group games: Getting to know your core group for the next two weeks!	<ul> <li>Inspiring guest speaker</li> <li>Service-learning trip: Giving back to the Victoria community through volunteering</li> </ul>	Communication:     Learn more about     how to successfully     communicate with     through a variety of     fun games     Issues Around Us	Downtown Victoria scavenger hunt: Learn more about Victoria during this fast-paced group competition	Aliens Invade: Develop and apply your creativity, problem solving, and pitching skills in this fun team challenge
12:00	tuition. Please share	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	your full travel itinerary a minimum of 4 weeks in advance. Drop-off on campus:	Practicing Leadership:     Reimagining what     leadership is     Nature walk and large	Wildplay: Challenge your comfort zone during a high ropes course up in the trees!	Cultural competency:     How can we work     together across     cultures?	Acroyoga: Build trust and leadership skills in this active workshop     Kindness Challenge:	Free time and shopping in Victoria	Service Challenge:     Develop and lead     projects that create
	3-5 pm at 1939 Sooke Rd, Victoria.	outdoor group games	course up in the trees:	Cultures?	Small group work block		real impact in just a few hours!  • SWOT Analysis
17:30	Meals and open activities are available to all participants on campus.	DINNER     Dorm Rules: Dorm meetings & door decorating     Girls night / Boys night	DINNER      Strengths Mask:     Creatively expressing strengths and insecurities     Evening activities	DINNER     Service Challenge:     Introduction and small     group brainstorming     Evening activities	DINNER  • Cultural Exchange Night: Share your culture in unique ways!	• Service Challenge: Small group work block • Evening activities	DINNER     Visit Butchart     Gardens: Explore     the world-famous     gardens and enjoy the     fireworks show!
22:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT

\*This schedule is subject to change\*

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DAY **14** 

	DAY 8	DAY 9	DAY <b>10</b>	DAY 11	DAY 12	DAY 13	DAY <b>14</b>
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	REFLECTION	INVESTIGATION	<b>DETERMINATION</b>	COLLABORATION	VISION	APPRECIATION	DEPARTURE
8:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Outdoor reflection: Reflecting on the week we've had together and what we've learned so far Easy hike to the waterfalls	Growth Mindset:     Unlocking a new     perspective to     personal development     Uncovering our     passions & values	Teamwork Olympics:     Work together to     complete challenges     and gain points	DREAM Project: Work block and one-on-one sessions with your leadership coach	Communicate your vision: Learn strategies for compelling presentations     DREAM Project:     Presentation work block	<ul> <li>DREAM Project:         Presentation practice session     </li> <li>DREAM Project:         Presentations in home groups     </li> <li>Letter to self</li> </ul>	Departures by plane/ ferry: Pre-arranged transfers at any time to Victoria International Airport (YYJ) or the Swartz Bay Ferry Terminal to campus are included in
12:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	your tuition.
	Games and swimming at the beach	DREAM project:     Student-led projects     combining your unique     passions and skills     to make a positive     impact!	Building Challenge:     Combine design     skills, strategy, and     teamwork to win!	Problem Solving HARE Projects: Work together to share what you've learned!	<ul> <li>Service-learning trip:         Giving back to the         Victoria community         through volunteering</li> <li>Visit Hatley Castle &amp;         Gardens</li> </ul>	Junior/Senior Project Showcases     Reflections and closing activities	Pick up on campus: 9-11 am at 1939 Sooke Rd, Victoria. The Best of BC Tour starts today! See tour
17:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	schedule for details.  Want to extend
	Relax together at the beach	Goal setting: Learn practical methods to set powerful goals     Evening activities	Pool night: Let's hang out, swim, and have fun!	Talent Show: Show off your skills on stage!	DREAM Project:     Presentation work     block     Evening activities	Closing ceremony: Receive a certificate with feedback from your coach Dance party!	your time with us and explore more of what Victoria and Vancouver have to offer? Register for this
22:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	add-on tour!

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