

DAY 1

# CANADA PROGRAM SCHEDULE



**JUNIOR** 

**FOR AGES 12-14** 

DAY 5



Saturday

DAY 6 DAY 7

CONTRIBUTION

**BREAKFAST** 

Sunday **ARRIVAL** 

8:30

Participants may arrive anytime on this day to Victoria and our campus at Brookes Westshore (1939 Sooke Rd, Victoria).

Pre-arranged pick-up at Victoria International 12:00 Airport (YYJ) or the Swartz Bay Ferry Terminal to campus is included in the tuition

> Upon arrival, participants are checked-in, offered a meal and introduced to the campus.

22:00

17:30

Monday

**UNDERSTANDING** 

### **BREAKFAST**

- Introductions and Facility Tour
- · What is Leadership? Reflections and discussions

### LUNCH

- Cultural understanding
- · Leadership principles in action: physical challenge

### DINNER

- Get-to-know-you games
- · Dorm rules meetings & dorm decorating

**LIGHTS OUT** 

Tuesday

DAY 2

### CONFIDENCE

### **BREAKFAST**

DAY 3

- Comfort Zone activity
- Challenging your comfort zone at a high ropes course

### LUNCH

- Home group meetings & games
- Free time activities

### **DINNER**

- Insipiring gues speaker
- Girls night / Boys niaht

**LIGHTS OUT** 

## Wednesday

### **DEDICATION**

### BREAKFAST

DAY 4

 Service-learning trip: Giving back to the Victoria community through volunteering

### LUNCH

- Gratitude session
- Critical thinking
- Free time activities

### **DINNER**

- Service Challenge Introduction
- Learn to play cricket!

**LIGHTS OUT** 

## COMMUNICATION

**BREAKFAST** 

Thursday

- Interpersonal communication games & discussion
- Service challenge planning

## **EXPLORATION**

### **BREAKFAST**

### LUNCH

- Learn leadership through dance
- Free time activities

### DINNER

- Service challenge planning
- Large group game

### **LIGHTS OUT**

## Friday

 Explore Downtown Victoria with a photo scavenger hunt!

LUNCH

Downtown Victoria

**DINNER** 

**LIGHTS OUT** 

Global Citizenship

· Evening free time

• Free time and

shopping in

### Service Challenge: raise money and awareness for a cause you care about!

### LUNCH

- Kindness Challenge: spreading kindness in the local community
- SWOT Analysis

### **DINNER** at the park

 Butchart Gardens & fireworks show

**LIGHTS OUT** 

\* Schedule subject to change\*

Learn more about our transformative youth leadership programs and apply online at

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# CANADA PROGRAM SCHEDULE



**JUNIOR** 

**FOR AGES 12-14** 



	DAY 8	DAY 9	DAY <b>10</b>	DAY <b>11</b>	DAY 12	DAY <b>13</b>	DAY <b>14</b>
	Sunday <b>REFLECTION</b>	Monday INVESTIGATION	Tuesday <b>DETERMINATION</b>	Wednesday  COLLABORATION	Thursday MOTIVATION	Friday  CELEBRATION	Saturday <b>DEPARTURE</b>
8:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	<ul> <li>Reflection exercises</li> <li>Short hike to the waterfalls</li> <li>Shopping at a local crafts &amp; food market</li> </ul>	<ul> <li>Identifying our passions &amp; values</li> <li>Identifying the issues around us</li> </ul>	Teamwork Olympics: Work together to complete challenges and gain points	Creative problem solving     Leadership Timeline project	<ul> <li>How to share your vision</li> <li>Design Thinking Project presentation development</li> </ul>	<ul> <li>Presentation practice session</li> <li>Design Thinking Challenge presentations</li> <li>Leadership Timeline share sessions</li> </ul>	<ul> <li>Departures by plane from Victoria International Airport (YYJ) throughout the day</li> <li>Departures by ferry from Swartz Bay Ferry Terminal (to</li> </ul>
12:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Vancouver area)
	Rathtrevor Provincial Park: games and swimming at the beach	<ul><li>Inspiring guest speaker</li><li>Design Thinking Project</li><li>Free time activities</li></ul>	<ul> <li>Building Challenge: Combine design skills, strategy, and teamwork to win!</li> <li>Free time activities</li> </ul>	Collaboration Day:     Share what you've learned!     Visit Hatley Castle & Gardens	Design Thinking     Project presentation     development     Free time activities	Leadership Timeline     Gallery Walk     Top Senior DREAM     Presentations     Reflection Activities	throughout the day  Best of BC tour  Your tour starts today! (See schedule)
17:30	DINNER at the beach	DINNER	DINNER	DINNER	DINNER	DINNER	
	Games and time to relax by the ocean	Goal setting     Evening activities	<ul><li>Design Thinking Project</li><li>Evening activities</li></ul>	Giving Effective     Feedback     Talent Show!	<ul><li>Leadership Timeline project</li><li>Evening activities</li></ul>	Graduation ceremony     Celebration dance!	
22:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	

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