

# UK PROGRAM SCHEDULE

FOR AGES 12-14 (JUNIOR) AND 15-18 (SENIOR)



**DETERMINATION** 

**BREAKFAST** 

Work together to

and gain points!

complete challenges

Day 7

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8:30

Participants may arrive anytime on this day to London and our campus at Brookes United Kingdom (Flempton Rd, Risby, Bury Saint Edmunds).

12:00

Pre-arranged pick-up at London Heathrow Airport (LHR), London Stansted Airport (STN). or the Cambridge Train Station is included in the tuition

17:30

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

22:00

Day 2

## **UNDERSTANDING**

#### **BREAKFAST**

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

## LUNCH

- Cultural understanding
- · Get-to-know-yougames

## **DINNER**

- Global citizenship
- Dorm rules meetings & dorm decorating

**LIGHTS OUT** 

Day 3

## CONFIDENCE

#### **BREAKFAST**

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

## LUNCH

- High ropes course debrief
- Home group challenge

## **DINNER**

- · Personal strengths reflective activity
- Girls night / Boys niaht

**LIGHTS OUT** 

## Day 4

## **DEDICATION**

## **BREAKFAST**

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

### LUNCH

- Gratitude session
- Service challenge introduction

#### **DINNER**

- Service challenge preparation
- Evening activities

**LIGHTS OUT** 

## Day 5

## COMMUNICATION

#### **BREAKFAST**

 Interpersonal communication games & discussion

#### LUNCH

- Ballroom dancing
- Group challenges

#### DINNER

- Service Challenge preparation
- Evening activities

**LIGHTS OUT** 

## Day 6

## CONTRIBUTION

# **BREAKFAST**

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

LUNCH

Visit Bury Saint

Edmunds Abbey

Exploring/shopping in

**Bury Saint Edmunds** 

**DINNER** 

SWOT Analysis

night planning

Cultural exchange

**LIGHTS OUT** 

## Teamwork Olympics:

about!

## LUNCH

 Building Challenge: Combine design skills, strategy, and teamwork to win

## **DINNER**

 Cultural exchange night: share your culture with other participants!

**LIGHTS OUT** 

\* Schedule subject to change\*

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

WWW.POWERFULYOUTH.COM



FACEBOOK: PowerfulYouthGLA INSTAGRAM: @powerfulyouthleadership EMAIL: info@powerfulyouth.com



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	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	REFLECTION	INVESTIGATION	EXPLORATION	COLLABORATION	MOTIVATION	CELEBRATION	DEPARTURE
8:30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Travel to Stratford-Upon-Avon (birthplace of Shakespeare) Reflection exercises	Identifying our passions & values     Identifying the issues around us	Project work block     Travel to Cambridge	Collaboration Day:     Use your talents to     share what you've     learned!	How to share your vision     Project presentation work block	SENIOR Dream     Project presentations     in home groups     JUNIOR Design     Thinking Challenge     presentations	Departures by plane from London Heathrow Airport (LHR) and London Stansted Airport (STN)     Departures by train from Cambridge Train
12:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Station
	Explore the famous     Warwick Castle	SENIOR Dream     Project introduction     JUNIOR Design     Thinking Challenge     introduction	Exploring and shopping in Cambridge	SENIOR Project work block     JUNIOR Leadership Timeline introduction & planning	SENIOR Peer feedback session     JUNIOR Leadership Timeline work block	Leadership Timeline     Gallery Walk     Selected DREAM     Project Presentations     Reflective Activities	Best of England tour Your tour starts today! (See schedule)
17:30	SUNDAY ROAST	DINNER	DINNER	DINNER	DINNER	DINNER	
	Return to campus	Critical thinking     Evening activities	Goal setting     Evening activities	Group challenge     Talent Show!	Project presentation work block     Evening activities	Graduation     Ceremony     Celebration dance!	
22:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	

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