

DAY 1

CANADA PROGRAM SCHEDULE



JUNIOR

FOR AGES 12-14

DAY 5



Saturday

DAY 7

CONTRIBUTION

Sunday	
ARRIVAL	

C. ... -I - . .

8:30

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

12:00

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

17:30

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

22:00

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

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

LUNCH

- · Wildplay debrief
- Home group meetings & games
- Inspiring guest speaker

DINNER

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

LIGHTS OUT

Wednesday

DAY 3

DEDICATION

BREAKFAST

DAY 4

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

LUNCH

- Gratitude session
- Inspiring guest speaker

DINNER

· Evening at the pool: Let's hang out, swim, and have fun!

LIGHTS OUT

Thursday COMMUNICATION

BREAKFAST

- Interpersonal communication games & discussion
- Creativity: How am I creative?

LUNCH

Large group game

Kindness Challenge

DINNER

Prepare for cultural

Cultural exchange

LIGHTS OUT

exchange night

niaht!

AcroYoga

planning

BREAKFAST

Friday

 Explore Downtown Victoria with a photo scavenger hunt!

EXPLORATION

BREAKFAST

DAY 6

- Group creativity project & presentations
- Prepare for Kindness Challenge

LUNCH

• Free time and shopping in Downtown Victoria

• Kindness Challenge: spreading kindness in the local community

LUNCH

SWOT Analysis

DINNER

- Global Citizenship
- · Evening free time

DINNER at the park

 Butchart Gardens & fireworks show

LIGHTS OUT LIGHTS OUT

* Schedule subject to change*

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

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



CANADA PROGRAM SCHEDULE



FOR AGES 12-14





	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	REFLECTION	INVESTIGATION	DETERMINATION	COLLABORATION	MOTIVATION	CELEBRATION	DEPARTURE
8:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	 Reflection exercises Short hike to the waterfalls Shopping at a local crafts & food market 	 Identifying our passions & values Identifying the issues around us 	Teamwork Olympics: Work together to complete challenges and gain points	Creative problem solving Leadership Timeline project	How to share your vision Design Thinking Project presentation development	 Presentation practice session Design Thinking Challenge presentations Leadership Timeline share sessions 	 Departures by plane from Victoria International Airport (YYJ) throughout the day Departures by ferry from Swartz Bay Ferry Terminal (to
12:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Vancouver area)
	Rathtrevor Provincial Park: games and swimming at the beach	Inspiring guest speakerDesign Thinking ProjectFree time activities	Building Challenge: Combine design skills, strategy, and teamwork to win! Free time activities	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 Gratitude reflections 	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 settingEvening activities	Design Thinking Project Evening activities	Giving Effective Feedback Talent Show!	Leadership Timeline project Evening activities	Graduation ceremony Celebration dance!	
22:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	

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