

|              | DAY 1   | DAY 2   | DAY 3  | DAY 4   | DAY 5  | DAY 6   | DAY 7   |
|--------------|---|---|--|---|--|---|---|
|              | <b>Sunday</b>   | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   | <b>Saturday</b>   |
|              | <b>ARRIVAL</b>  | <b>UNDERSTANDING</b>  | <b>CONFIDENCE</b>  | <b>CONTRIBUTION</b>   | <b>COMMUNICATION</b>   | <b>EXPLORATION</b>  | <b>ACTION</b>   |
| <b>8:30</b>  |   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  |
|              | Participants may arrive anytime on this day to Victoria and our campus at Brookes Westshore (1939 Sooke Rd, Victoria).              | <ul style="list-style-type: none"> <li>• Introductions and Facility Tour</li> <li>• What is Leadership? <i>Exploring and reimagining the concept of leadership</i></li> </ul> | <ul style="list-style-type: none"> <li>• Comfort Zone activity</li> <li>• Home group meetings &amp; games: <i>Getting to know your core group for the next two weeks!</i></li> </ul> | <ul style="list-style-type: none"> <li>• Inspiring guest speaker</li> <li>• Service-learning trip: <i>Giving back to the Victoria community through volunteering</i></li> </ul> | <ul style="list-style-type: none"> <li>• Communication: <i>Learn more about how to communicate through a variety of challenges and discussion</i></li> <li>• Growth Mindset</li> </ul> | <ul style="list-style-type: none"> <li>• Downtown Victoria photo scavenger hunt: <i>Learn more about Victoria during this fast-paced group competition</i></li> </ul> | <ul style="list-style-type: none"> <li>• Global Citizenship: <i>Exploring what it means to be a responsible member of our global community</i></li> <li>• Uncovering our passions &amp; values</li> </ul> |
| <b>12:00</b> | Pre-arranged pick-up at Victoria International Airport (YYJ) or the Swartz Bay Ferry Terminal to campus is included in the tuition. | <b>LUNCH</b>  | <b>LUNCH</b>   | <b>LUNCH</b>  | <b>LUNCH</b>   | <b>LUNCH</b>  | <b>LUNCH</b>  |
|              | Upon arrival, participants are checked-in, introduced to the campus, and have open activities and meals provided.                   | <ul style="list-style-type: none"> <li>• Cultural competency</li> <li>• Leadership in action: <i>Show your commitment and determination!</i></li> </ul>                       | <ul style="list-style-type: none"> <li>• Wildplay: <i>Challenge your comfort zone at a high ropes course up in the trees!</i></li> </ul>   | <ul style="list-style-type: none"> <li>• Issues Around Us: <i>What issues motivate you to take action?</i></li> <li>• Cultural exchange planning</li> </ul>                     | <ul style="list-style-type: none"> <li>• Acroyoga: <i>Building trust and leadership skills!</i></li> <li>• Service Challenge planning</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Free time and shopping in Downtown Victoria</li> </ul>   | <ul style="list-style-type: none"> <li>• Service Challenge: <i>Develop and lead projects that create real impact in just a few hours!</i></li> <li>• SWOT Analysis</li> </ul>                             |
| <b>17:30</b> |   | <b>DINNER</b>   | <b>DINNER</b>  | <b>DINNER</b>   | <b>DINNER</b>  | <b>DINNER</b>   | <b>DINNER at the park</b>   |
|              |   | <ul style="list-style-type: none"> <li>• Get-to-know-you games</li> <li>• Dorm rules meetings &amp; dorm decorating</li> </ul>  | <ul style="list-style-type: none"> <li>• My Mask: <i>Creatively expressing our strengths and insecurities</i></li> </ul>   | <ul style="list-style-type: none"> <li>• Service Challenge introduction</li> <li>• Evening activities</li> </ul>  | <ul style="list-style-type: none"> <li>• Cultural exchange night: <i>An opportunity for students to share their cultures in unique ways!</i></li> </ul>                                | <ul style="list-style-type: none"> <li>• Prepare for Service Challenge</li> <li>• Evening activities</li> </ul>   | <ul style="list-style-type: none"> <li>• Butchart Gardens: <i>Visit the world famous gardens and enjoy music and a fireworks show!</i></li> </ul>   |
| <b>22:00</b> |   | <b>LIGHTS OUT</b>   | <b>LIGHTS OUT</b>  | <b>LIGHTS OUT</b>   | <b>LIGHTS OUT</b>  | <b>LIGHTS OUT</b>   | <b>LIGHTS OUT</b>   |

\* Schedule subject to change\*

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

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EMAIL: info@powerfuleadership.com

|              | DAY 8  | DAY 9  | DAY 10   | DAY 11  | DAY 12  | DAY 13  | DAY 14  |
|--------------|--|--|--|---|---|---|---|
|              | <b>Sunday</b>  | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>   |
|              | <b>REFLECTION</b>  | <b>INVESTIGATION</b>   | <b>DETERMINATION</b>   | <b>COLLABORATION</b>  | <b>VISION</b>   | <b>APPRECIATION</b>   | <b>DEPARTURE</b>  |
| <b>8:00</b>  | <b>BREAKFAST</b>   | <b>BREAKFAST</b>   | <b>BREAKFAST</b>   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  |
|              | <ul style="list-style-type: none"> <li>• Easy nature hike</li> <li>• Outdoor reflection exercises: <i>Reflecting on the week we've had together and what we've learned so far</i></li> </ul> | <ul style="list-style-type: none"> <li>• Aliens Invade: <i>Use and develop your creativity, problem solving, and presentation skills in this team challenge</i></li> </ul>   | <ul style="list-style-type: none"> <li>• Teamwork Olympics: <i>Work together to complete challenges and gain points</i></li> </ul>   | <ul style="list-style-type: none"> <li>• Problem Solving</li> <li>• DREAM Project development + one-on-one coaching sessions</li> </ul>                                 | <ul style="list-style-type: none"> <li>• DREAM Project development</li> <li>• How to communicate your vision: <i>Learn strategies and tools for compelling and confident presentations</i></li> </ul> | <ul style="list-style-type: none"> <li>• DREAM Project presentation practice sessions</li> <li>• DREAM Project presentations in home groups</li> </ul>      | <ul style="list-style-type: none"> <li>• Departures by plane from Victoria International Airport (YYJ) and by ferry from Swartz Bay Ferry Terminal (to Vancouver area) throughout the day. Transfers are included in your tuition.</li> </ul> |
| <b>12:00</b> | <b>LUNCH</b>   | <b>LUNCH</b>   | <b>LUNCH</b>   | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  |
|              | <ul style="list-style-type: none"> <li>• Games and swimming at the beach</li> </ul>  | <ul style="list-style-type: none"> <li>• Intro to DREAM Project: <i>Student-led projects combining your unique passions and skills to make a positive impact!</i></li> </ul> | <ul style="list-style-type: none"> <li>• Building Challenge: <i>Combine design skills, strategy, and teamwork to win!</i></li> </ul> | <ul style="list-style-type: none"> <li>• SHARE projects: <i>Collaborate to share what you've learned at GLA</i></li> <li>• Visit Hatley Castle &amp; Gardens</li> </ul> | <ul style="list-style-type: none"> <li>• DREAM Project presentation development</li> <li>• Free time activities</li> </ul>  | <ul style="list-style-type: none"> <li>• Leadership Timeline Gallery Walk</li> <li>• Top Senior DREAM Presentations</li> <li>• Group reflections</li> </ul> | <p><b>Best of BC tour</b><br/>Your tour starts today!<br/><i>(See tour schedule)</i></p>  |
| <b>17:30</b> | <b>DINNER at the beach</b>   | <b>DINNER</b>  | <b>DINNER</b>  | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   |
|              | <ul style="list-style-type: none"> <li>• Time to relax together at the beach</li> </ul>  | <ul style="list-style-type: none"> <li>• Goal setting: <i>Practical tools and methods to set goals you will achieve!</i></li> <li>• Evening activities</li> </ul>            | <ul style="list-style-type: none"> <li>• Pool night: <i>Let's hang out, swim, and have fun!</i></li> </ul>                           | <ul style="list-style-type: none"> <li>• DREAM Project development</li> <li>• Talent Show</li> </ul>  | <ul style="list-style-type: none"> <li>• Giving Effective Feedback + peer project feedback sessions</li> <li>• Evening activities</li> </ul>  | <ul style="list-style-type: none"> <li>• Graduation ceremony</li> <li>• Celebration dance!</li> </ul>   |   |
| <b>22:00</b> | <b>LIGHTS OUT</b>  | <b>LIGHTS OUT</b>  | <b>LIGHTS OUT</b>  | <b>LIGHTS OUT</b>   | <b>LIGHTS OUT</b>   | <b>LIGHTS OUT</b>   | <b>LIGHTS OUT</b>   |

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