

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	<b>Sunday</b> <b>ARRIVAL</b>	<b>Monday</b> <b>UNDERSTANDING</b>	<b>Tuesday</b> <b>CONFIDENCE</b>	<b>Wednesday</b> <b>CONTRIBUTION</b>	<b>Thursday</b> <b>COMMUNICATION</b>	<b>Friday</b> <b>EXPLORATION</b>	<b>Saturday</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>• Creativity</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>• Kindness Challenge introduction</li> <li>• Cultural exchange planning</li> </ul>	<ul style="list-style-type: none"> <li>• Acroyoga: <i>Building trust and leadership skills!</i></li> <li>• Kindness 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>• Kindness Challenge: <i>Student-led projects to spread kindness in the local community</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>• Goal setting: <i>Learn practical tools and methods to set goals you will achieve!</i></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 Kindness 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

**WWW.POWERFULYOUTH.COM**

FACEBOOK: PowerfulYouthGLA  
INSTAGRAM: @powerfuleadership  
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>• Emotional Intelligence</li> <li>• Leadership Timeline: <i>Exploring the past, present, and future of your leadership journey!</i></li> </ul>	<ul style="list-style-type: none"> <li>• Design Thinking Challenge</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>• Design Thinking Challenge presentations</li> <li>• Leadership Timeline shares 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 Design Thinking Challenge: <i>Solve a global issue you are passionate about by using design thinking!</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>• Design Thinking 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> Your tour starts today! (See tour schedule)</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>• Design Thinking Challenge</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>• Giving Effective Feedback + peer project feedback sessions</li> <li>• Talent Show</li> </ul>	<ul style="list-style-type: none"> <li>• Leadership Timeline</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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