

CANADA PROGRAM SCHEDULE SENIOR ACADEMY

FOR AGES 15-18

WEEK ONE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Sunday ARRIVAL	Monday UNDERSTANDING	Tuesday CONFIDENCE	Wednesday CONTRIBUTION	Thursday COMMUNICATION	Friday EXPLORATION	Saturday ACTION
8:30		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
12:00	Arrivals by plane/ferry: Pre-arranged transfers at any time from Victoria International Airport (YYJ) or the Swartz Bay Ferry Terminal to campus are included in your tuition. Please share your full travel itinerary a minimum of 4 weeks in advance. Drop-off on campus: 3-5 pm at 1939 Sooke Rd, Victoria.	• Introductions and Facility Tour • What is Leadership? Exploring our current understanding of leadership	• Comfort Zone • Home Group games: Getting to know your core group for the next two weeks!	• Service-learning trip: Giving back to the Victoria community	• Communication: Learn more about how to successfully communicate with through a variety of fun games • Issues Around Us	• Downtown Victoria scavenger hunt: Learn more about Victoria during this fast-paced group competition	• Aliens Invade: Develop and apply your creativity, problem solving, and pitching skills in this fun team challenge
17:30		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
		• Practicing Leadership: Reimagining what leadership is • Nature walk and large outdoor group games	• Wildplay: Challenge your comfort zone during a high ropes course up in the trees!	• Cultural competency: How can we work together across cultures?	• Acroyoga: Build trust and leadership skills in this active workshop • Kindness Challenge: Small group work block	• Free time and shopping in Victoria	• Service Challenge: Develop and lead projects that create real impact in just a few hours! • SWOT Analysis
		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
22:00		• Dorm Rules: Dorm meetings & door decorating • Girls night / Boys night	• Strengths Mask: Creatively expressing strengths and insecurities • Evening activities	• Service Challenge: Introduction and small group brainstorming • Evening activities	• Cultural Exchange Night: Share your culture in unique ways!	• Service Challenge: Small group work block • Evening activities	• Visit Butchart Gardens: Explore the world-famous gardens and enjoy the fireworks show!
	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT

This schedule is subject to change

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

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CANADA PROGRAM SCHEDULE SENIOR ACADEMY

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**WEEK
TWO**

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	Sunday REFLECTION	Monday INVESTIGATION	Tuesday DETERMINATION	Wednesday COLLABORATION	Thursday VISION	Friday APPRECIATION	Saturday DEPARTURE
8:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	• Outdoor reflection: Reflecting on the week we've had together and what we've learned so far • Easy hike to the waterfalls	• Growth Mindset: Unlocking a new perspective to personal development • Uncovering our passions & values	• Teamwork Olympics: Work together to complete challenges and gain points	• DREAM Project: Work block and one-on-one sessions with your leadership coach	• Communicate your vision: Learn strategies for compelling presentations • DREAM Project: Presentation work block	• DREAM Project: Presentation practice session • DREAM Project: Presentations in home groups • Letter to self	Departures by plane/ ferry: Pre-arranged transfers at any time to Victoria International Airport (YYJ) or the Swartz Bay Ferry Terminal to campus are included in your tuition.
12:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	• Games and swimming at the beach	• DREAM project: Student-led projects combining your unique passions and skills to make a positive impact!	• Building Challenge: Combine design skills, strategy, and teamwork to win!	• Problem Solving • SHARE Projects: Work together to share what you've learned!	• Service-learning: Giving back to the Victoria community • Visit Hatley Castle & Gardens	• Junior/Senior Project Showcases • Reflections and closing activities	Pick up on campus: 9:30-11:30 am at 1939 Sooke Rd, Victoria.
17:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
	• Relax together at the beach	• Goal setting: Learn practical methods to set powerful goals • Evening activities	• Pool night: Let's hang out, swim, and have fun!	• Talent Show: Show off your skills on stage!	• DREAM Project: Presentation work block • Evening activities	• Closing ceremony: Receive a certificate with feedback from your coach • Dance party!	The Best of BC Tour starts today! See tour schedule for details. Want to extend your time with us and explore more of what Victoria and Vancouver have to offer? Register for this add-on tour!
22:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT

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