

International Camp – Sample Daily Schedule***Monday to Friday**

Morning **7.30-8.00 Wake up**
8.00-9.00 Breakfast
9.00-9.30 Morning Meeting
9.45-14.00 Outdoor Activities

Afternoon **14.00-15.15 Lunch**
15.30 -17.00 Rest / Optional extra programmes
17.00-18.00 Afternoon Meeting
18.00-20.00 Recreational Activities & Fitness

Evening **20.15-21.30 Dinner (Friday: Farewell BBQ Party)**
22:00 Lights Out

Saturday **Departure**

*This is a sample schedule and may be subject to change