

# Leadership Training & Adventure Programme

(1 week programme with 1 excursion day)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>Early Morning 7h30-8h30</b>		Wake up & Breakfast	Wake up & Breakfast	Wake up & Breakfast	Wake up & Breakfast	Wake-Up/ Breakfast/ Strike Camp	Wake up & Breakfast	Departure Day
<b>Morning 8h30-12h00</b>	Arrive at Airport	Team Building & Problem Solving	Mountain Biking	<b>Orienteering Training Day</b>  Hiking & Map Reading	<b>Expedition Day 1</b>  Continue Expedition Hiking/ Walking	<b>Expedition Day 2</b>  Continue Expedition	<b>Excursion Day</b>  Chocolate & Cheese Factory	<b>Transfer to Airport</b>
<b>Lunch 12h00-13h00</b>	Transfer to Camp  Check Into Rooms	Lunch at Les Elfes	Lunch at Les Elfes	Picnic Lunch	Picnic Lunch	BBQ Lunch	Lunch by Château Chillon	
<b>Afternoon 13h00-17h00</b>	Welcome Speech & Introduction to Programme	Campcraft & Bushcraft skills	High Ropes Course	Continue Hiking/ Walking  Rucksack packing	Continue Hiking/ Walking	Arrive at Les Elfes  Debriefing	Shopping & Sightseeing in Vevey	
<b>Early Evening 17h00-19h00</b>	Verbier Hunt	FreeTime	FreeTime	Menu Challenge	Pitch Tents & Prepare Dinner	Expedition Reflection/ Shower/ Unpack		
<b>Dinner 19h00-20h00</b>	Dinner at Les Elfes	Dinner at Les Elfes	Dinner at Les Elfes	Dinner at Les Elfes	Dinner at Campsite	Dinner at Les Elfes	Dinner at Les Elfes	
<b>Evening 20h00-22h00</b>	Relax/ Settle into Camp	Music Video	The Cube	Route Planning & Expedition Preparation	Group Meeting/ Planning for the following day	Presentations	Prize Giving/ Music Video & Slideshow	

Recommended age 13+ years