

SAMPLE SUMMER CAMP PROGRAMME - WEEK 1

SENIORS: 15 - 17 YEARS OLD



Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 Breakfast				Early Breakfast			
09:00 - 12:30 Morning Activities	Arrivals Day	Mountain biking	09:00 - 10:30 Language lesson 11:00 - 12:30 Language project	Glacier visit	09:00 - 10:30 Language lesson 11:00 - 12:30 Language project	Prepare & depart on overnight expedition	Pack up & return to Camp Suisse
12:30 Lunch		Camp Suisse	Camp Suisse	Lunch on top of the world	Camp Suisse	Mountain picnic	Camp Suisse
13:30 - 17:30 Afternoon Activities	Camp orientation	Rock climbing	Elective activity session	Swimming & chilling Lake Geneva	High ropes course	Arrive at Alpine refuge	14:00 - 15:30 Language lesson 16:00 - 17:30 Language project
17:30 Shower Hour	Shower & free time	Shower & free time	Shower & free time	Shower & free time	Shower & free time	Shower & free time	Shower & free time
18:30 Dinner	Camp Suisse	Camp Suisse	Camp Suisse	Camp Suisse	Camp Suisse	Camping BBQ	Camp Suisse
20:00 Evening Activities	Get to know your group & Camp Suisse	Sports + free time	Karaoke + free time	Free time in chill zone	Torch light forest night navigation	Camp fire, games + free time	Climbing wall or Free time in the chill zone

SAMPLE SUMMER CAMP PROGRAMME - WEEK 2

SENIORS: 15 - 17 YEARS OLD



Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 Breakfast	Late Breakfast						
09:00 - 12:30 Morning Activities	Sports Montreux excursion	Water sports & beach day Lake Geneva	09:00 - 10:30 Language lesson 11:00 - 12:30 Language project	Mountain skills & survival day	09:00 - 10:30 Language lesson 11:00 - 12:30 Language project	Chocolate factory Gruyere	Departure Day
12:30 Lunch	Lake picnic	Picnic by the lake	Camp Suisse		Camp Suisse	Camp Suisse	
13:30 - 17:30 Afternoon Activities	Montreux excursion	Water sports & beach day Lake Geneva	Elective activity session	Mountain skills & survival day	Climbing wall & Ghyll scrambling	Medieval town visit Gruyere	
17:30 Shower Hour	Shower & free time	Shower & free time	Shower & free time	Shower & free time	Shower & free time	Shower & free time	
18:30 Dinner	BBQ	Camp Suisse	Dinner at local restaurant	Camp Suisse	Camp Suisse	Camp Suisse	
20:00 Evening Activities	Dragons Den + free time	Sports + free time	Dinner at local restaurant	Free time in the chill zone	Languages talent show	Prom night	