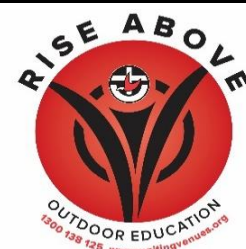


# Teamwork

Sample Rise Above 2 Day 1 Night Camp

Suitable Age Group: High School Students 12-18 year olds

Day and Time		Squad One	Squad Two	Squad Three	Squad Four	Squad Five	Squad Six	Comments
Day One Date	10:30am	Arrive at Camp						Squad= a group of max 15 students
	10:45am - 12:15pm	Welcome, Introductions to Rise Above, Venue safety rules and room allocation						
	12:15pm - 1:15pm	Lunch						
	1:15pm - 1:30pm	Group Energisers						
	1:30pm - 3:00pm	Wilderness Quest	Amazing Race	Obstacle Course	RA Workshop	Initiative +	The Holy Grail	
	3:00pm - 3:30pm	Afternoon Tea						
	3:30pm - 5:00pm	Obstacle Course	RA Workshop	Amazing Race	Initiative +	The Holy Grail	Wilderness Quest	
	5:00pm - 5:30pm	Free Time- ball sports, reading, swimming						
	5:30pm - 6:30pm	Dinner						
	6:30pm - 9:00pm	Evening Activity- Outdoor Cinema						
Day Two Date	8:00am - 9:00am	Breakfast						
	9:00am - 9:15am	Group Energisers and Ice Breaker Games						
	9:15am - 10:30am	Amazing Race	Wilderness Quest	Initiative +	The Holy Grial	RA Workshop	Obstacle Course	
	10:30am - 11:00am	Morning Tea						
	11:00am - 12:15pm	RA Workshop	Initiative +	The Holy Grial	Wilderness Quest	Obstacle Course	Amazing Race	
	12:15pm - 1:15pm	Lunch						
	1:15pm - 1:30pm	Tribal Games						
	1:30pm - 2:45pm	Initiative +	The Holy Grial	Wilderness Quest	Obstacle Course	Amazing Race	RA Workshop	
	2:45pm - 3:15pm	Afternoon Tea and Farewell from Camp						
Notes	<p style="text-align: center;"><b>Additional Information</b></p> <p><b>For all activities, participants must :</b></p> <ul style="list-style-type: none"> <li>- wear enclosed and appropriate footwear ( NO THONGS OR UGG BOOTS PLEASE)</li> <li>- bring a hat, sunscreen and drink bottle</li> <li>- carry any personal medication</li> </ul>							

**Approval:** \_\_\_\_\_

**Date:** 00/00/00

**Cost Per Student:** \$\$ pp

Minimum number based on 80% of number booked as per booking conditions  
Please refer to your booking conditions provided under the booking contract.

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