

SAMPLE PROGRAMME

MOA

WITH 1.5 HOUR SESSIONS

Day 1

1200-1300

Arrive at camp, welcome, lunch, settle

1300-1330

Meet the instructor

Ice breakers

Group contacts

1330-1500

Team Building/Adventure Based Learning

1500-1530

Afternoon tea

1530-1700

Low Ropes

1700-1800

Self-led free time

1800-1930

Dinner

1930-2100

Self-led Evening Programme

Day 2

0700-0900

Wake up, get ready, breakfast

0900-1030

Archery

1030-1100

Morning tea

1100-1230

Flying Kiwi

1230-1330

Lunch

1330-1500

Search & Rescue

1500-1530

Afternoon tea

1530-1700

Flying Fox

1700-1800

Self-led free time

1800-1930

Dinner

1930-2100

Self-led Evening Programme

Day 3

0700-0900

Wake up, get ready, breakfast, clean

0900-1030

Wide Game or Challenge Event

1030-1200

Pack, clean, lunch, depart