

SAMPLE PROGRAMME

MOA

WITH 3 HOUR SESSIONS

Day 1

1200-1300

Arrive at camp, welcome, lunch, settle

1300-1330

Meet the instructor

Ice breakers

Group contacts

1330-1630

Coasteering

1630-1700

Late afternoon tea

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

High Ropes (part 1)

1030-1100

Morning tea

1100-1230

High Ropes (part 2)

1230-1330

Lunch

1330-1500

Kayaking (part 1)

1500-1530

Afternoon tea at Tikao Bay

1530-1700

Kayaking (part 2)

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