## Sample Arrival Day– times vary

|  |  |
| --- | --- |
| Arrival Day | Arrival in Ottawa |
| Arrive on Campus - Registration |
| Orientation and campus tour |
| English language testing and Banking |
| Lunch/ Dinner |
| Introduction Games  |

## Daily Schedule – Monday to Friday

|  |  |  |
| --- | --- | --- |
| 7:30 am – 8:00 am |   | Wake up and get ready for the day |
| 8:00 am – 9:00 am | Breakfast |
| 9:15am–1:00 pm | **Mo**rning Class |
| 1:00 pm – 2:00pm | Lunch Break |
| 2:00 pm – 3:30 pm | Afternoon Class |
| 3:30 pm – 5:30 pm | Afternoon activities Options:* Tennis
* Soccer
* Basketball
* Fitness/yoga
 | * Arts & Crafts
* Music
* American Football
* Ultimate Frisbee
 |
| 5:45 pm – 6:30 pm | Dinner |
| 6:30 pm – 9:30 pm | Evening Activities |
| On Campus: * Swimming
* Brewers Park
* Mooney’s Bay
* Water Games
 | **Off Campus Activities*** Biking
* Movies
* Go Karting
* Bowling
* Laser Tag
* Byward Market
* Museums
 | * Parliament sound & lights show
* Paddle boating
* Graduation Dinner
* Shopping
* Mini – Golf
* Other
 |
| 9:30 pm – 10 :15 pm | Camp Gathering |
|  10:30pm  | Room Check – All students must be in their room by this time. |

## Montreal Day Trip

|  |  |  |
| --- | --- | --- |
| 6:00 am – 7:30 am  |   | Wake up and get ready for the day and breakfast |
| 7:30 am – 7:45 am | **Meet group, get on the bus and depart Carleton University for Montreal** |
|  9:30 am  | Arrive at Biodome and Olympic Stadium |
|  10:15 am  | Board bus and depart for Old Port of Montreal |
|  10:30 am  | Arrive at Old Port of Montreal and Tour |
|  12:45 pm  | Board bus and depart Beaver lake for Lunch |
|  1:30 pm  | Board bus and depart for Fairview Mall (West Island) |
|  4:00 pm  | Board bus and depart for Carleton University |
|  6:00 pm  | Arrive at Carleton University |

## Toronto 2 Day Trip – Day 1

|  |  |  |
| --- | --- | --- |
| 6:00 am – 7:15 am  |   | Wake up and get ready for the day |
| 7:15 am – 7:30 am | **Meet group, get on the bus and depart Carleton University for Toronto** |
|  11:30 am  | Lunch |
|  1:00 pm  | Canada’s Wonderland |
|  5:30 pm  | Dinner at Wonderland |
|  7:30 pm  | Meet Group and leave Canada’s wonderland  |
|  8:00 pm  | Travel to Niagara Falls  |

## Toronto 2 Day Trip – Day 2

|  |  |  |
| --- | --- | --- |
|  8:00 am  |  | **Meet group, get on the bus and depart for Niagara Falls** |
|  8:30 am  | Depart for Maid of the Mist |
|  10:30 pm  | Brunch at Skylon Tower |
|  1:00 pm  | CN Tower |
|  4:30 pm  | Dinner at the Hard Rock Café  |
|  5:45 pm  | Drive Back to Ottawa  |