## 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 |