

	7.30 - 8.45	9.00 - 10.00	10.00 - 11.00	11.00 - 11.30	11.30 - 12.30	12.30 - 13.30	13.30 - 14.30	14.30 - 15.30	15.30 - 16.00	16.00 - 17.30	18.00 - 19.00	19.00 - 20.00	20.00 - 22.00	
Fri & Sat	THE COURSE ASSEMBLES: Introduction and familiarisation to school. Meet the staff. Settle in.													
Sun	BREAKFAST	LIFELONG LEARNING Breaking barriers and meeting the team	LIFELONG LEARNING 'Code of the road' Designing our own ethos, values and standards	BREAK	ENTREPRENEURSHIP What is an entrepreneur?	LUNCH	SUSTAINABILITY Introduction & encouraging good behaviours	LIFELONG LEARNING AD VITAM - Creating habits for life	BREAK	PERSONAL HEALTH & WELLNESS Building resilience 'Scottish dook' beach swim	DINNER	CULTURAL ENRICHMENT Introduction to Scottish identity	SOCIAL Firepit & friends night	
Mon		INTERNATIONAL RELATIONS & DEBATE Impromptu speaking & finding a voice	ENTREPRENEURSHIP Start sparking! Ideas & Business generation (Includes a guest speaker: Voice of experience)		SUSTAINABILITY Understanding your ecological footprint		LIFELONG LEARNING Building the team - Developing our skills through understanding strengths and weaknesses in ourselves and others	PERSONAL HEALTH & WELLNESS Beach fitness 'Chariots of Fire' fun run		CULTURAL ENRICHMENT Scottish folklore & myths		SOCIAL Quiz night		
Tue		CULTURAL ENRICHMENT Excursion day - Cultural & historical tour to Edinburgh/Perth										LIFELONG LEARNING Introduction to first aid and using a defibrillator	SOCIAL Scotland's got talent - Talent night	
Wed		INTERNATIONAL RELATIONS & DEBATE Introduction to Debate	ENTREPRENEURSHIP Navigating financial literacy	BREAK	SUSTAINABILITY Exploring ESG & why it is important	LUNCH	CULTURAL ENRICHMENT Walking tour of University of St Andrews and town		BREAK	LIFELONG LEARNING Problem solving and leadership development through group tasks		SOCIAL BBQ beach night		
Thu		ENTREPRENEURSHIP Developing ideas further using market research	INTERNATIONAL RELATIONS & DEBATE Developing debating skills 'convince me!'		SUSTAINABILITY The Green Challenge & energy related behavioural change		ACTIVITIES AFTERNOON Surfing/waterpark/watersports	INTERNATIONAL RELATIONS & DEBATE Preparing topics for debate		SOCIAL Debate night #1 Model United Nations				
Fri		PERSONAL HEALTH & WELLNESS Beach yoga	HIKE DAY SUSTAINABILITY: Coastal Hike around Fife coastline and castles - conservation in action LIFELONG LEARNING: Dealing with an emergency situation & managing an incident									CULTURAL ENRICHMENT Scottish Highland dancing night		
Sat		REFLECTION TIME	LIFELONG LEARNING Developing a growth mindset		ENTREPRENEURSHIP Developing the product		ADDITIONAL EXCURSIONS & ACTIVITIES Horse riding*, golf lessons*, sailing and surfing* (*Individual tuition at an additional cost)					REFLECTION TIME	MOVIE NIGHT	