



# Example of a week in Calgary!




Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7:30~8:15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30~12:15	 Arrival in Calgary	 Placement Exam	 English Lesson	 English Lesson	 English Lesson	 English Lesson	 English Lesson
12:30~1:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:00~5:30	 Bowling	 Baseball	 Ice Hockey	 Rock Climbing Lesson	 Kayak Lesson	 Royal Tyrrell Museum	 Luge at Canada Olympic Park
6:00~7:00	Supper	Supper	Supper	Supper	Supper	Supper	Supper
7:30~9:30	 Skating at the Olympic Oval	 Canoe Lesson	 Talent Night	 Racquet Ball	 Beach Volleyball	 Golf Lesson	 International Evening

\* Please note that this is a sample itinerary only.





# Example of the one-week camping trip through the Rocky Mountain National Parks!

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8:30~9:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30~12:30	 Learn to Mountain Bike	 Visit Lake Louise	 Hike up the Skyline Trail	 Athabasca Falls	 Learn to Horseback Ride	 Leave for Edmonton	 One Last Group Photo
12:30~1:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:00~5:30	 More Mountain Biking	 Visit Peyto Lake	 Enjoy the View	 Columbia Icefields	 Horseback Riding	 West Edmonton Mall	 Say Good-bye to Your Friends
6:00~7:00	Supper	Supper	Supper	Supper	Supper	Supper	Supper
7:30~9:30	 Kananaskis	 Relax in the Hot Springs	 Jasper National Park	 Relax in the Hot Springs	 Sing Songs at the Campfire	 Farewell Party	 Leave for the Airport

\* Please note that this is a sample itinerary only.