PROGRAMME OUTLINE

THURSDAY

AFTERNOON Arrive at UWC Atlantic (between 4-6pm)

FRIDAY

MORNING

Morning energiser exercise Breakfast Daily briefing STP experience

AFTERNOON

Lunch STP experience

EVENING

Dinner Sunset activity

SUNDAY

MORNING

Outdoor pool cold water dip Breakfast Guided historic castle tour Closing briefing Lunch and departure (12pm midday)

EVENING

Evening dinner Opening briefing

SATURDAY

ALL DAY

Morning energiser exercise Breakfast Daily briefing Caving (packed lunch provided)

EVENING

Formal dinner