



# *The Alexandra Girls' English Institution*

Detailed Time wise Itinerary tailored made for students on camp.

*Girl Guide Std VIII - X*

## Day 01

|              |   |
|--------------|---|
| 06.30        | Report at School in guide Mufti   |
| 07.30        | <b>Leave for Camp Site : Aamby Valley. En-route light snacks will be served to all participants on the bus.</b> |
| 11.00        | Reach Camp Site ( Resort )  |
| 11.15        | General rules of the camp & allotment of Rooms  |
| <b>11.45</b> | <b>Session I: Bandages &amp; Stretchers</b>   |
| 13.00        | Lunch   |
| 14.00        | Rest Time & Leisure   |
| 15.30        | <b>Session II: Knots &amp; Lashings</b>   |
| 17.00        | Break Time with snacks  |
| 17.30        | <b>Session III: Girl Guiding Games</b>  |
| 18.30        | Flag Break ceremony   |
| 18.45        | Handicraft & Prepare for Inspection   |
| 20.00        | <b>Session IV: Inspection of Rooms</b>  |
| 20.30        | Dinner  |
| 21.30        | <b>Session V: Treasure Hunt</b>   |
| 22.30        | <b>Lights out</b>   |

## Day 02

|              |  |
|--------------|--|
| 06:30        | Rise   |
| 07:30        | B.P Six Exercise / Meditation by satya yogi Kaizeen Buhariwala |
| 08:00        | Breakfast  |
| 09:30        | <b>Flag Break Ceremony</b>                                     |
| 10:00        | <b>Session VI: Tent Pitching &amp; Gadget Making</b>           |
| <b>11.45</b> | <b>Shower and freshen up / Swimming</b>                        |
| 13:00        | Lunch  |
| 13:30        | Rest Time & Leisure  |
| 15:30        | <b>Session VII: Team Building Games</b>                        |
| 17:00        | Break Time with snacks   |
| 17:30        | <b>Session VIII: Base Games</b>                                |
| <b>18.30</b> | Flag Down Ceremony   |
| 19:00        | Freshen up & Prepare for Campfire                              |
| 20:30        | Dinner   |
| 21:30        | <b>Session XI: Campfire with Music entertainment</b>           |
| 23:00        | <b>Lights out</b>  |

## Day 03

|              |   |
|--------------|---|
| 06.30        | Rise  |
| 07.15        | <b>Session VI : Hike with Mapping</b>                     |
| 08.30        | Breakfast   |
| 09.30        | Freshen up ( shower )                                     |
| 10.30        | Flag Break Ceremony/ Investiture Ceremony                 |
| 11.00        | <b>Prize distribution ceremony</b>                        |
| <b>12.00</b> | <b>Flag Down Ceremony</b>                                 |
| 12.30        | Lunch   |
| 13.30        | Leave for Mumbai.   |
| 17.30        | Reach School ( The Alexandra Girls' English Institution ) |

