

# Sample Schedule for Post-Arrival Orientation

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## Friday evening:

Students arrive at site, get settled, fill out check-in sheets

### (Dinner)

Group activity (social focus)

## Saturday morning

### (Breakfast)

Energizer

Session I – Your Family

### (Lunch)

## Saturday afternoon

Energizer

Session II – Personal Safety and Wellbeing

Outdoor activity/ Free Time (preparation for cultural performance/presentation)

## Saturday evening

### (Dinner)

Session III – Focus on Culture

## Sunday morning

### (Breakfast)

Session IV – School & Friendship

Session V – Adaptation Skills & Closing

## Sunday afternoon

Host Family Orientation, Host Sibling Activity\*

Pot Luck Lunch & Cultural Performance/Presentation — families and students together