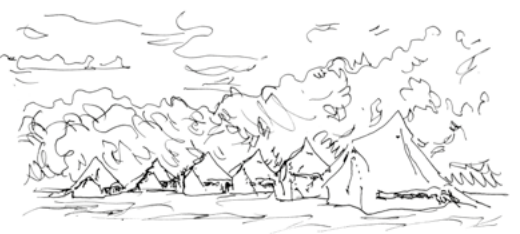


# CAMP BONAS

REWILD THE MIND



## A Week of Adventures

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am	Morning Yoga followed by a hearty Breakfast				
9 am	<b>The Bonas Express</b> leaving Paddington station at 9 am	<b>Bush Craft Skills</b> Run by an Outposts expert	<b>Map &amp; Compass Skills</b> get ready for the big orienteering treasure hunt	<b>Raft Building</b> run by an Outposts expert on the lake	<b>The Mad Hatters Tea Party</b> presentation of stories, journals, drama, poems and songs
11 am			<b>Welcome to Camp Bonas</b>		
1 pm	Lunch				
2 pm	<b>Leadership &amp; Team Building</b> challenge designed by the Outposts team	<b>Short Story Writing</b> inspired by our reading list	<b>The Willy Wonka Choir</b>	<b>High Ropes</b> climb through the forest, testing your balance and bravery	<b>Return to London</b>
4 pm		<b>Profit &amp; Loss</b> the game	<b>Archery</b>		
5:30 pm	Journalling				
6:15 pm	Dinner				
7 pm	<b>Camp Fire</b> games & marshmallow roasting	<b>Quiz Night</b> under the stars	<b>Camp Fire</b> games & marshmallow roasting	<b>Curtain Call</b> an evening of performance	

