



Day	Morning Activity	Afternoon Activity
1	<ul style="list-style-type: none"> • Official welcome ceremony – welcome speech, orientation, campus tour • Official welcome Morning tea with buddies and school leaders 	<ul style="list-style-type: none"> • Specialised English lesson with focus on Sport (Volleyball) terminology/history of this sport/ • Practical sport session with Volleyball excellence program students and coach/teacher
2	<ul style="list-style-type: none"> • Specialised English lesson with focus on Volleyball training programs. Could include components of fitness, training types, fitness testing and Training program development. 	<ul style="list-style-type: none"> • Practical sport session with Volleyball excellence program students and coach/teacher • Class Integration with Buddies – attend variety of lessons with local students
3	<ul style="list-style-type: none"> • Agent or school arranged full day Excursion to Australia Zoo / Sightseeing & climb Mount Coolum 	
4	<ul style="list-style-type: none"> • Specialised English lesson with focus on diet and nutrition for sport performance. Could include food groups, examples of foods in each group, nutritional value for foods in sports performance. Development of sample meal plan for sports performance students. 	<ul style="list-style-type: none"> • Practical sport session with Volleyball excellence program students and coach/teacher • Class Integration with Buddies – attend variety of lessons with local students
5	<ul style="list-style-type: none"> • Specialised English lesson facilitated by visiting school to reflect on learning. Buddies invited. Presentation from visiting school about what students learnt. • Practical sport session. <ul style="list-style-type: none"> ○ Demonstration of skills ○ Host country vs visiting country competition (Grand Final) 	<ul style="list-style-type: none"> • Farewell lunch with buddies and school staff. • Official farewell ceremony • Gift and certificate presentation

Considerations:

- This program could be more or less days, depending on Study Tour expectations;
- Please advise of any specific experiences your organisation may require and Caloundra SHS staff will endeavour to accommodate.

Potential topics for English lessons:

- Volleyball terminology and history
- Volleyball fitness and training programs
- Sports nutrition and meal plans