

A typical Day at Shad

Date	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	
Time slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30-7:00	Morning Rec.	Morning Rec.	Morning Rec.	Morning Rec.	Morning Rec.	Morning Rec.	Sleep in	
7:00-7:30								
7:30-8:00								
8:00-8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Informal breakfast in Kitchen	
8:30-9:00	Ready for Lecture Announcements	Ready for Lecture Announcements	Ready for be onboard Announcements	Ready for Lecture Announcements	Ready for Lecture Announcements	Announcements Get ready & LRT	Free Time	
9:00-9:30	Keynote speaker	STEM Lab	Field Trip	Math Case Study	Accounting Case study	Farmers' Market (community outreach)	Design Time	
9:30-10:00								
10:00-10:30								
10:30-11:00	Break	Break						
11:00-11:30	Design Time 1.5hr	Design Time 1.5hr		Design Time 1.5hr	Design Time 1.5hr			
11:30-12:00								
12:00-12:30								
12:30-1:00	Ready for lunch	Ready for lunch		Ready for lunch	Ready for lunch		Ready for lunch	Ready for Lunch
1:00-1:30	Lunch	Lunch		Lunch	Lunch		Lunch	Afternoon/Picnic in the Park
1:30-2:00	Travel Time	Travel Time		Travel Time	Travel Time		Travel Time	
2:00-2:30	Plant immunology	Community project	Strategy Speaker	Indigenous speaker				
2:30-3:00	Break		Break	Break				
3:00-3:30	Charity Water Project		Indigenous Determinants of Health	Tech speaker				
3:30-4:00								
4:00-4:30	Afternoon Sport/Recreation		Afternoon Sport/Recreation	Afternoon Sport/Recreation	Afternoon Sport/Recreation			
4:30-5:00	Ready for Dinner	Ready for Dinner	Ready for Dinner	Ready for Dinner	Ready for Dinner			
5:00-5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
5:30-6:00	Free time	Free time	Free time	Free time	Free time	Free time	Free time	
6:00-6:30	Meet Committees & Committee Time	Committee Time	Committee Time	Design Time - Mentor Panel 2.75hr	Design Time 2.75hr	Committee Time	Committee Time	
7:00-7:30								
7:30-8:00								
8:00-8:30	Shad Speaks (3) House Time	Shad Speaks (3) House Time	Shad Speaks (3) House Time	Shad Speaks (3) House Time	Shad Speaks (3) House Time	Shad Speaks (3) House Time	Shad Speaks (3) House Time	
8:30-9:00								
9:00-9:30								
9:30-10:00	Snack & Free time	Snack & Free time	Snack & Free time	Snack & Free time	Snack & Free time	Snack & Free time	Snack & Free time	
10:00-10:30								
10:30-11:00								
11:00-11:30	Sleep (Curfew)	Sleep (Curfew)	Sleep (Curfew)	Sleep (Curfew)	Sleep (Curfew)	Sleep (Curfew)	Sleep (Curfew)	
11:30-12:00								
12:00-12:30								
12:30-1:00								