

BE THE BEST YOU GIRLS CAMP

Sample Daily Schedule

Empowered Girls. Limitless Futures.

This sample schedule gives families a glimpse of a typical day at camp. Specific activities vary each year.

Time	Activity
6:30 AM	Wake Up & Personal Preparation
7:00 AM	Morning Fitness & Wellness
7:45 AM	Breakfast
8:30 AM	Morning Inspiration Session
9:00 AM	Interactive Learning Workshop
10:30 AM	Refreshment Break
11:00 AM	Skills Development Session
12:30 PM	Lunch
1:30 PM	Rest & Social Time
2:30 PM	Team Building Activities
4:00 PM	Recreation & Sports
5:30 PM	Personal Reflection & Mentoring
6:00 PM	Dinner
7:00 PM	Evening Program
8:30 PM	Group Reflection
9:00 PM	Wind Down
10:00 PM	Lights Out

What to Expect

- Leadership Development
- Confidence Building
- Life Skills Training
- Team Challenges & Recreation
- Mentorship Opportunities
- Safe, Structured & Supervised Environment

16–22 August 2026

Ensign Global University, Accra

Girls Ages 12–18