



using soccer to promote cultural exchange and gender equality across the Americas

Level Playing Field Inc.

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## Example Daily Schedule

Time	Activity
8.00am - 8.45am	Breakfast
9.15am - 9.25am	Morning Briefing
9.30am - 10.30am	Soccer Session 1
10.30am - 10.45am	Morning Break
10.45am - 12.00am	Soccer Session 2
12.00am - 12.30am	Discussion Session
12.30pm - 1.25pm	Lunch
1.30pm - 2.30pm	English Classes (Led by LPF staff with Student Coaches acting as teaching assistants)
3.00pm - 4.30pm	Student Coach Training Session
4.30pm - 6.00pm	Most days Student Coaches will have the afternoon free to explore the city with members of staff, rest, practice Spanish with locals, etc.
6.00pm - 7.00pm	Spanish Class
7:30 - 8:30	Dinner (at the hotel or neighborhood restaurants)
8.30pm - Bed	Student Coaches are free to use this time to work on their Spanish, relax in their accommodations or spend time in the local area. Certain evenings will have planned outings to the theatre, professional soccer matches or other cultural events.

\* The Weekends include overnight excursions which will include outdoor adventure activities. These activities will be led by trained and certified professionals.

\*\* This is an example of a typical day, times and activities may vary between camps