**YOUTH HEALTH CAMP PROGRAMME**

**28/092018 - 30/ 09/ 2018**

**Programme:**

**Day 1 (28/09/2018)**

11:00-12:00 Leaners Arrival and Assembles with room allocation

**12:00- 12:15 Opening and Welcome**

12:15-12:30 Welcoming Remarks Mrs. Dludla (DOE)

12:30 -13:00 Introductory Exercise Learners

13:00-14:00 Lunch Lunch

14:00-14:30 Policy Guidelines Mrs. Dludla (DOE)

14:30-15:00 Road Safety (DOT)

15:00-15:30 Health Matters (YFS) DOH

15:30-16:30 Substance Abuse SANCA

16:30-17:30 Outdoor Games MSF

17:30-18:00 Shower/Freshen up Learners

18:00-19:00 Dinner Dinner

19:00-21:00 Movie time

**Day 2 (29/09/2018)**

05:30-06:00 Healthy body –healthy minds (Aerobics)

06:00-07:00 Showers

07:00-8:00 Breakfast

08:00-10:00 HIV Prevention (Educational Games, Stay Safe) Jabu & Lungi

10:00-11:00 TB Prevention (TB Song) DRTB Team

11:30-13:00 Health (Boys and Girls Group) MSF Nurses

13:00-14:00 Lunch Lunch

14:00-15:00 Life on ARTs SHINE

15:00-17:00 Outdoor Activities Love life

17:00-17:30 Talent Show Preparations Learners

17:30-18:00 Freshen up Learners

18:00-19:00 Supper Supper

19:00-21:00 Talent Show Learners

**Day 3 (30/09/2018)**

06:00-06:30 Healthy Body/Healthy minds

06:30-07:30 Shower and Packing

07:00-08:00 Breakfast Breakfast

08:00:09:00 Recap

09:00-09:30 Tools to building Awareness Campaigns MSF

09:30-10:30 Implementation Plan Learners

10: 30-10:45 Short break Short break

10:45-11:30 Messages from learners

12:00-13:00 Lunch and Departure