2019 PEACE AMBASSADOR LEADERSHIP SUMMIT
University of Central Florida | June 23, 2019 - June 26, 2019

2020 PALS Schedule will vary in some topics and is a day longer.

DAY #1 || Sunday, June 23rd

09:00AM - 10:00AM || Registration
10:00AM - 10:30AM || Jr. & Sr. Staff Introduction
10:30AM - 11:00AM || Agreements; What to Expect
11:00AM - 12:30PM || Lunch and Change
12:30PM - 01:00PM || Who is NVEEE
01:00PM - 02:00PM || **Workshop**: Bullying Prevention
02:00PM - 03:00PM || **Workshop**: Suicide Prevention
03:00PM - 03:30PM || Break/Walk to Location
03:30PM - 05:30PM || Team Building Activity: Challenge Course
05:30PM - 06:00PM || Shower
06:00PM - 06:30PM || Walk to Dinner Location
06:30PM - 07:00PM || Dinner with Group
07:00PM - 08:00PM || Group Meeting
08:00PM - 10:00PM || **Night Activity**: Art Therapy
10:00PM - || Bed Checks - Lights out

DAY #2 || Monday, June 24th

08:00AM - 09:00AM || Wake up & Breakfast
09:00AM - 10:00AM || **Workshop**: The Effects Media has on Body Image and Self Esteem
10:00AM - 11:00AM || **Workshop**: Healthy Relationships & Healthy Teen Dating Violence
11:00AM - 12:30PM || Lunch with Group
12:30PM - 02:00PM || **Workshop**: Public Speaking Training
02:00PM - 03:00PM || **Workshop**: Maintaining Self Care and Mental Health
03:30PM - 04:00PM || Break
04:00PM - 05:00PM || **Personal Development Activity**: Cross the Line
05:00PM - 06:00PM || **Personal Development Activity**: Open Discussion
06:00PM - 07:00PM || **Personal Development Activity**: “Be With” Activity
07:00PM - 08:30PM || Dinner / Get ready for Talent Showcase
08:30PM - 10:30PM || **Night Activity**: Talent Showcase (Performing Arts)
11:00PM || Bed Checks - Lights out

DAY #3 || Tuesday, June 25th

08:00AM - 09:00AM || Wake up & Group Breakfast
09:00AM - 09:30AM || Walk to Classrooms
09:30AM - 01:30PM || Career Day Breakout Sessions: Financial Aid, etc
01:30PM - 03:00PM || Lunch/Break
03:00PM - 04:30PM || **Workshop**: Gender and Orientation
04:30PM - 05:30PM || Group Meeting
05:30PM - 07:30PM || Dinner / Get Ready for Prom
07:30PM - 08:00PM || Walk to Prom
08:00PM - 10:00PM || Night Activity: Prom
10:00PM - 10:30PM || Bed Checks

DAY #4 || Wednesday, June 26th

08:30AM - 09:00AM || Breakfast / Pack / Clean
09:00AM - 10:00AM || Workshop: Community Service & Giving Back
10:00AM - 11:00AM || Workshop: Public Speaking Activity
11:00AM - 12:00PM || Last Group Meeting: Last PSA Practice
12:00PM - 01:00PM || Lunch/Note Writing/ PSA Practice
01:00PM - 02:00PM || PSA Performances
02:00PM - 03:30PM || My PALS Experience
03:30PM - 05:00PM || Goodbyes/Note writing
05:00PM - 06:00PM || Delegates Check Out

2020 PALS will have a 5th day