

**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 - 07:30PM || Dinner with Group  
07:30PM - 08:30PM || Group Meeting  
08:30PM - 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 - 03:30PM || **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**