



DETAILS

Project/Activity Description: Life Skills and Empowerment Summer Camp

Date of Implementation: July 19-30 2021

Time: Mon-Fri 9:00-3:00 (2 weeks)

Venue: Unity Concord International School – D building

OBJECTIVE

The Life Skills Summer Camp will be filled with fun activities to help students in their everyday lives, as well as prepare them for the future. Learn how to be an organized and productive student, by developing note taking skills, using a planner, and prioritizing tasks. Learn how to read recipes and cook your favorite foods, how to sew a button, repair a tear, and express your creative side through embroidery. Improve your body and mind by learning about proper diet, how to read nutrition labels, and set your own personal health goals. Experience nature and exercise at the same time during fun nature walks around Chiang Mai. Plan for the future by learning how to write professional letters/emails, research requirements for your dream university/career, and how to make a monthly budget.

CAMPER PACKING LIST

- Pen / pencil
- Water bottle
- Workout clothes (t-shirt and shorts, like PE uniform)
- Sunscreen
- Hat
- Trainers / sneakers

PROCEDURES

Week 1

Monday- July 19

9:00-11:30

- Introductions
- Pass out journals
- Pass out planner
- Create a monthly budget
- Writing prompt: What are your favorite foods? What are 2 things you would like to learn how to cook?

11:30-12:30 Lunch

12:30-3:00



- Laundry
- Sewing

Tuesday- July 20

9:00-11:30

- Kitchen safety
- Cook a simple dish #1

11:30-12:30 Lunch

12:30-3:00

- Nutrition

Wednesday- July 21

9:00-11:30

- Bodyweight Strength Training - upper body focus

11:30-12:30 Lunch

12:30-3:00

- Lesson about Exercise
- Embroidery project

Thursday- July 22

9:00-11:30

- Review Kitchen safety
- Cook a simple dish #2

11:30-12:30 Lunch

12:30-3:00

- Organization Skills

Friday- July 23

9:00-11:30

- Excursion to Huay Tueng Tao Lake (van required)

11:30-12:30 Lunch at the Lake

12:30-3:00

- Return to school
- Embroidery project
- Research other hobbies that you are interested in doing/learning



WEEK 2

Monday- July 26

9:00-11:30

- Bodyweight Strength Training - lower body focus

11:30-12:30 Lunch

12:30-3:00

- Look up and agree on 2 recipes to make this week
- Embroidery Project

Tuesday- July 27

9:00-11:30

- Cook a medium difficulty dish #1
- How to meal prep larger amounts of food

11:30-12:30 Lunch

12:30-3:00

- Professional correspondence
- Analyze spending habits from last week

Wednesday- July 28 HOLIDAY

Thursday- July 29

9:00-11:30

- Cook a medium difficulty dish #2
- Discuss diet tracking apps

11:30-12:30 Lunch

12:30-3:00

- Career Goal setting

Friday- July 30

9:00-11:30

- Excursion to Huay Tueng Tao Lake (van required)

11:30-12:30 Lunch at the Lake

12:30-3:00

- Return to school
- Embroidery Project



UNITY CONCORD INTERNATIONAL SCHOOL

Scholarship • Inspiration • Perspective • Community



- Note-taking