

# **Gabouw - Sample Itinerary**

## **Day one**

11h30: Arrive and settle into accommodation  
12h00: Lunch  
13h00: Divide into teams (countries): Briefing  
13h30: Event Begins:  
18h00: Sundowners  
18h30: African Cook Off Begins  
20H30: Dinner is served

## **Day Two**

08h00: Breakfast  
09h00: Divide into teams (countries) and briefing  
09h30: Event begins:  
12h30: Lunch  
13h30: Abseil: All team members to participate in this final event.  
16h00: Depart at Leisure