SHAD CANADA

A typical week at Shad Live-in

Time slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:00	Run Club (optional)	Yoga (optional)	Run Club (optional)	Hike (optional)	Run Club (optional)	Hike (optional)	Breakfast and Open Time
7:00-7:30							
7:30-8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:00-8:30							
8:30-9:00	Ready for Lecture Announcements	Ready for Lecture Announcements	Announcements Travel Time	Ready for Lecture Announcements	Ready for Lecture Announcements	Announcements Travel Time	
9:00-9:30	Sustainable Architecture Lecture	Molecular Biology Lab	Field Trip to Local Innovation Hub & Panel with Entrepreneurs	Exploring Matrices Lecture	Emerging AI Trends (Industry Expert)	Community Outreach Activity	Design Time: Presentation Skills
9:30-10:00							
10:00-10:30							
10:30-11:00	Break	Break		Break	Break		
11:00-11:30	Design Time: Empathy Mapping	Design Time: Intro to Lean Canvas		Design Time: Market and Feasibility Research	Design Time: Prototype Building		
11:30-12:00							
12:00-12:30	Ready for Lunch	Ready for Lunch		Ready for Lunch	Ready for Lunch	Visit City Centre & Local Farmer's Market	Ready for Lunch
12:30-1:00	Lunch	Lunch		Lunch	Lunch		Picnic in the Park & Recreation
1:00-1:30	Travel Time	Travel Time		Travel Time	Travel Time	Travel Time	
1:30-2:00	Social Psychology Lecture	Robotics Workshop		Brand Strategy & Storytelling Lecture	Medical Sim Lab: Organ Dissection	Outdoor Workshop: Plant Ecology	
2:00-2:30							
2:30-3:00	Break			Break			
3:00-3:30	Engineering Challenge			Indigenous Determinants of Health Workshop			
3:30-4:00							
4:00-4:30	Recreation: Field Games	Recreation: Campus Pool		Recreation: Athletic Centre	Recreation: Campus Scavenger Hunt		
4:30-5:00							
5:00-5:30	Ready for Dinner	Ready for Dinner	Ready for Dinner	Ready for Dinner	Ready for Dinner		
5:30-6:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00-6:30							
6:30-7:00	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
7:00-7:30	Community Event - Trivia	Committee Time	Community Event - Coffee House & Talent Show	Design Time: Mentor Panel	Shad Alumni Panel: Exploring Post-Secondary & Career Pathways	Committee Time	Committee Time
7:30-8:00							
8:00-8:30							
8:30-9:00							
9:00-9:30	Shad Speaks	Shad Speaks	Stargazing at Local Observatory	Shad Speaks	Shad Speaks	Shad Speaks	Shad Speaks
9:30-10:00	House Time	House Time		House Time	House Time	House Time	House Time
10:00-10:30							
10:30-11:00	Snack & Downtime	Snack & Downtime		Snack & Downtime	Snack & Downtime	Snack & Downtime	Snack & Downtime
11:00-11:30	Sleep (Curfew)	Sleep (Curfew)	Sleep (Curfew)	Sleep (Curfew)	Sleep (Curfew)	Sleep (Curfew)	Sleep (Curfew)
11:30-12:00							
12:00-6:30							

This sample calendar is for illustrative purposes only; program schedules, events, and activities may vary by campus, but all offerings are delivered in accordance with Shad's educational framework.