

## Eco-Gap Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Before 10:00	Guided morning activity (fitness, yoga, meditation, watching the sunrise, etc.), Breakfast, Prep Time					<p>About half of the weekends will include day long field trips within the surrounding Finger Lakes area of Ithaca, NY such as visiting the Farm Sanctuary for rescued farm animals, hiking and swimming in the region's renowned gorges and parks, visiting historical sites, and participating in activities hosted by local community organizations.</p> <p>Other weekends will include both structured and unstructured time, determined in part by the needs of the Eco-Gap participants.</p>
10:00-12:00	Daily group meeting (group check ins, program planning, theory, activities) Note: Some days may include day long field trips which will alter the schedule of the day.					
12:00-2:00	Lunch/Free time Eco-Gappers will be assisting in the planning and preparation of most lunches, on a rotating basis.					
2:00-5:00	Working with EcoVillage residents on group projects	Individual Discovery Projects - Meeting with mentors and learning about topics of interest	Field Trips to Local Organizations such as farms, colleges, state parks, kayaking on the lake and boat tours.	Working with EcoVillage residents on group projects	Individual Discovery Projects - Meeting with mentors and learning about topics of interest	
5:00-7:00	Dinner/free time Some dinners will be eaten with EcoVillage residents in the Common Houses, some will be eaten with Host Families and some will be specific to Eco-Gap. Eco-Gappers will be assisting in the planning and preparation of most dinners.					
After 7:00	Evening programs will be arranged based on what is happening at the EcoVillage and in the City of Ithaca, as well as the interests of the Eco-Gappers					

(Please note that this schedule may change slightly as the program evolves.)

