



EQUILIBRIA
SCHOOL OF LIFE

GAP YEAR
STUDY PROGRAMME

EQUILIBRIA LIFE SKILLS STUDY PROGRAMME

Term 1

- Ice Break Camp
- Orientation week
- Fitness course
- Positive Thinking course
- Health and Nutrition course
- Safety and Self-defence course
- Financial skills course
- Career Planning Course
- APRIL HOLIDAY

Term 2

- Study skills course
- Career Research: Interviews
- Christian Q and A Camp
- Career Research: Job shadowing
- Emotional Intelligence course
- Career Research: Student Shadowing
- Legal skills course
- Culinary skills course
- Communication course
- First Aid Level 1 course
- Etiquette course

Term 3

- Challenge and Adventure Camp
- Character Building course
- Community project Part 1
- Community project Part 2
- Theory examination
- Farewell party & Certification
- Israel Tour
- DECEMBER HOLIDAY

Term 4

- Wine Appreciation course
- Time & Stress Management course
- Interior Design course
- Work Ethics Course
- Style and Image course
- Social Dancing Course
- Critical Thinking Course
- Entertaining skills course
- Relationship Skills course
- Photography course
- Film Festival
- OCTOBER HOLIDAY

COURSE LAY-OUT

ICEBREAK CAMP & ORIENTATION WEEK

The camp will take place at Thabela Thabeng Mountain Retreat

you will:

- get to know your classmates
- do team building activities
- social and make new friends
- learn what to expect from Equilibria
- find your feet in Potchefstroom

FITNESS COURSE

You will: •

- establish your own personal fitness programme
- set your own health and fitness goals
- receive an individual fitness assessment
- discover various fun ways to exercise
- get motivated for an exercise programme
- learn how to maintain your ideal body weight

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you will:

- get to know your classmates
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HEALTH AND NUTRITION COURSE

You will learn how:

- to eat for abundant energy
- to eat to prevent degenerative diseases
- to make healthy snacks and smoothies
- overcome bad eating habits and cravings
- to maintain an ideal body weight
- detoxify your bodies

POSITIVE THINKING COURSE

You will learn how to:

- to cultivate positive self-talk
- deal with failure in a constructive way
- to overcome limiting thinking patterns
- overcome fear, worry, and doubt
- develop a winning attitude in life
- overcome frustrations and stumble blocks

COMMUNICATION COURSE

You will learn:

- effective conversation and social skills
- how to do effective conflict resolution
- to enhance your active listening skills
- how to do public speaking with confidence
- how to write professional emails and letters
- how to give and receive negative feedback

CAREER PLANNING COURSE

You will:

- identify your unique strengths and weaknesses
- determine your true passions and interests
- understand your personality type
- discover your work style preferences
- find out about several study options
- match your personality type with careers

SAFETY AND SELF-DEFENCE COURSE

You will learn how to:

- do lifesaving self-defence techniques
- prevent and deal with crime circumstances
- protect yourself in dangerous situations
- avoid being a drug victim at social events
- change a flat tire
- practice road safety principles

WORK ETHICS COURSE

You will learn how to:

- how to write a winning CV
- how to do a successful job interview
- maintain professional relationships
- be task-orientated and dependable
- dress professionally for a work context
- apply emotional intelligence in the workplace

RELATIONSHIPS COURSE

You will learn:

- how to build healthy relationships in their life
- how to forgive and heal from past relationships
- to deal effectively with disagreements
- important guidelines for choosing a life partner
- guidelines for sexual relationships
- do's and don'ts for dating

CULINARY SKILLS COURSE

You will learn:

- culinary traditions of cultures of the world
- a range of quick and easy cooking techniques
- effective knife skills and precision cutting
- what herbs and spices to use for each food
- meal planning techniques
- how to cook and distinguish various meat-cuts

STUDY SKILLS COURSE

You will learn:

- to identify your unique style of learning
- effective study techniques for tertiary study
- to improve your memory and concentration
- how to handle test and examination anxiety
- how to plan and organize studies effectively
- how to improve your motivation for study

STYLE AND IMAGE COURSE

You will learn:

- to define your personal style
- how to dress for success
- how to dress for your unique body shape
- which hairstyle suits your face shape
- how to shop wisely and cost-effectively
- how to do great make-up or grooming

FIRST AID LEVEL 1 COURSE

You will learn:

- how to avoid common legal mistakes
- the essentials of entering into contracts
- how court procedures are conducted
- how to act correct in crime situations
- what your rights are when in a car accident
- legal principles that apply to social media

LEGAL SKILLS COURSE

You will learn:

- how to avoid common legal mistakes
- the essentials of entering into contracts
- how court procedures are conducted how to act correct in crime situations
- what your rights are when in a car accident
- legal principles that apply to social media

ETIQUETTE COURSE

You will learn:

- how to appreciate quality wine
- all about wine and food pairing
- how different types of wine are made
- how to perform wine tasting correctly
- how to serve and store wine correctly
- what stemware to use for each beverage

WINE APPRECIATION COURSE

You will learn:

- how to appreciate quality wine
- all about wine and food pairing
- how different types of wine are made
- how to perform wine tasting correctly
- how to serve and store wine correctly
- what stemware to use for each beverage

EMOTIONAL INTELLIGENCE COURSE

You will learn:

- how to control your emotions in crisis
- how to express emotions effectively
- how to handle emotions during conflict
- how to use your values to control emotions
- what are your unique emotional profile
- to develop an emotional vocabulary

ENTERTAINING SKILLS COURSE

You will learn:

- how to plan a successful party
- to do colourful and tasty menu planning
- how to lay a table creatively
- how to garnish elegantly
- how to do plate food artistically
- how to make guests feel special

INTERIOR DESIGN COURSE

You will learn:

- discover your unique decorating style
- the aesthetic principles of interior design
- about new trends in interior decorating
- how to renovate old furniture
- how to use colours for creative effects
- how to create do-it-yourself items

CRITICAL THINKING COURSE

You will learn to:

- ask challenging questions about life
- increase your general knowledge
- discover amazing new world trends
- question assumptions and think critically
- develop your own worldview
- investigate ethical issues and seek solutions

SOCIAL DANCING COURSE

You will learn:

- the steps of popular social dances
- to project self-confidence on a dance floor
- how to dance with grace and elegance
- how to have great dancing etiquette
- how to lead a partner when dancing
- how to follow the rhythm of the music

TIME & STRESS MANAGEMENT

You will learn how to:

- live a balanced lifestyle
- increase your focus and work efficiently
- do stress relieve techniques
- how to use a power nap
- how to prevent a burnout
- plan your time based on your values

CHRISTIAN 'Q AND A' CAMP

We will help you to:

- find answers to puzzling questions
- discover your identity and purpose in Christ
- learn to trust God more
- experience God as 'real'
- learn how to defend your faith
- understand what other religions believe

ADVENTURE CAMP

You will:

- learn to overcome fears for challenges
- built a shelter and sleep under the stars
- do a Survivor Challenge Race in a team
- do hiking and rock climbing
- do various fun and adventure activities
- learn about nature and star constellations

PHOTOGRAPHY COURSE

You will learn:

- the principles of great photography
- the main technical aspects of a camera
- how to take creative photos
- how to do studio photography
- how to achieve a great composition
- to work with natural and artificial lighting

CHARACTER BUILDING COURSE

You will learn:

- define your personal value system
- how to develop good character habits
- how great role models built character
- what constitutes integrity in a person
- do a random act of kindness
- what your character strengths are

THE COMMUNITY PROJECT

You will:

- do a makeover for a poor nursery school
- learn more about the realities of poverty
- paint, built and construct a playground learn
- how to work effectively in a team
- solve problems creatively
- apply your character strengths

