

WINTER RETREAT

15 - 19 JUNE 2024



SATURDAY

Various times	Participants depart from home and travel to local airport
12:00pm	Lunch
1:00pm - 6:00 pm	Participants arrive to Canberra Airport and walk to Vibe Hotel
6:00pm	Dinner at Helix restaurant in Vibe hotel
	<i>Participants can dine when they choose. Cost of Dinner has been paid by Canteen</i>
8:00pm	Participants rest and prepare for Winter Retreat!
10:00pm	Lights out

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SUNDAY

8:00am Breakfast

Helix restaurant at Vibe Hotel

9:00am Check out from Vibe Hotel

Bring luggage to hotel lobby area

9:30am Private shuttle bus to Thredbo Village

Meet Canteen staff & volunteers in hotel lobby area

10:00am Morning tea

In transit

11:15am Acknowledgement of Country

Ngarigo Country

12:00pm Lunch

Jindabyne

1:00pm Final leg of shuttle bus journey to Thredbo Village

2:00pm Arrive at Christiania Lodge

Welcome to lodge, room allocations, get to know you games!

3:00pm Collect ski & snowboard equipment

Thredbo village rental shop

4:00pm Afternoon tea

Christiania Lodge

5:00pm Free time

6:30pm Pre-dinner check in

Kudos, toasties, my cancer experience

7:00pm Dinner

Christiania Lodge

**8:00pm Program rules & expectations /
Snowsports briefing**

10:00pm Lights out

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MONDAY

7:00am Breakfast

At Christiania Lodge

8:15am Dress for the day on snow!

8:30am Depart lodge

On Thredbo Village shuttle buses

9:00am Group photo!

At Friday Flats Ski Area

9:15-11:15 am Ski & snowboard lessons

Meet your instructor at Friday Flats Ski Area

12:00pm Lunch

At Friday Flat Bistro

1:30pm ON SNOW activity - Free ski time

Free ski in groups of 3+

1:30pm OFF SNOW activity - Village wander

Walk & shuttle bus in groups of 3+

3:00pm Yoga / stretching session

At Christiania Lodge

4:00pm Afternoon tea

At Christiania Lodge

5:00pm Free time

6:30pm Pre-dinner check in

Kudos, toasties, my cancer experience

7:00pm Dinner

At Christiania Lodge

8:00pm Night activity: Family Feud

At Christiania Lodge

10:00pm Lights out

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TUESDAY

7:00am Breakfast

at Christiania Lodge

8:15am Dress for the day on snow!

8:30am Depart lodge

on Thredbo Village shuttle buses

9:15-11:15am Ski & snowboard lessons

Meet your instructor at Friday Flats Ski Area

12:00pm Lunch

at Friday Flat Bistro

1:30pm ON SNOW activity - Free ski time

Free ski in groups of 3+

1:30pm OFF SNOW activity - Eagles Nest chairlift & hot chocolate

Walk & chairlift in groups of 3+

3:00pm Pool session

at Thredbo Village Leisure Centre

4:00pm Afternoon tea

at Christiania Lodge

5:00pm Free time

6:30pm Pre-dinner check in

Kudos, toasties, my cancer experience

7:00pm Dinner

at Christiania Lodge

8:00pm Night activity: Connection

at Christiania Lodge

10:00pm Lights out

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WEDNESDAY

7:00am Breakfast

at Christiania Lodge

8:15am Check out of accommodation

*Put bags in luggage storage room
Say bye to Lodge staff!*

8:30am Depart lodge

on Thredbo Village shuttle buses

9:15am - 11:15 Ski & snowboard lessons

Meet your instructor at Friday Flats Ski Area

11:30am Return ski & snowboard equipment

Thredbo village Rental Shop

12:00pm Lunch

at Friday Flat Bistro

1:30pm Depart Thredbo on private shuttle bus

3:00pm Afternoon tea

in transit

4:00pm Arrive at Canberra Airport

Check in for flights, farewells!

6:00pm Dinner

at airport / on flight

Various times Travel home